

DECEMBER 2018 MENU



ONLY \$5.00 per day

Monday

Tuesday

Wednesday

Thursday

Friday

Butter Chicken with Brown Blend Rice Fruit or Veggie Milk 3	Beef Lasagna Fruit or Veggie Milk 4	Chicken Strips with Kernel Corn Fruit or Veggie Milk 5	Beef Burrito Whole Wheat Tortilla Shredded Lettuce Fruit or Veggie Milk 6	Chicken Lo Mein (Asian noodle) Fruit or Veggie Milk 7
Stir Fry Pork with Celery & Carrot on rice Fruit or Veggie Milk 10	Chicken Noodle Soup Crackers Fruit or Veggie Milk 11	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk 12	Turkey Chili WW Bun Fruit or Veggie Milk 13	Tri-colour Rotini with Chicken in Rose Sauce Fruit or Veggie Milk 14
Whole Wheat Macaroni & Cheese Fruit or Veggie Milk 17	BBQ Chicken with Mashed Potatoes Fruit or Veggie Milk 18	Pulled Pork Whole Wheat Bun Fruit or Veggie Milk 19	Chicken a La King on Rice Fruit or Veggie Milk 20	Cheese Pizza on Multigrain Crust Fruit or Veggie Juice 21
24	Winter Break December 24 – January 4			28
31				

DID YOU KNOW...

The Lunchsmart™ program provides safe, healthy food at school. The Vancouver School Board believes that sound nutritional practices help children be successful at school. A hot lunch is served most days. All menus are prepared following the Ministry of Education nutritional guidelines for healthy eating at school. **The Lunchsmart™ program does not provide for special diets.** The only food available is what is on the daily menu. Please report any specific food allergies to the school office. Parents should review menu choices specific to their child's dietary restrictions and ensure their child is aware of any food items he/she should not be eating.

MONTHLY PROGRAM COST:

\$ 75.00

***Full Payment Required. Post-dated cheques to Dec 13, 2018**

COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

Thursday, Nov. 22, 2018

*Please make cheques payable to the Vancouver School Board.