

NOVEMBER 2018 MENU



VSB FOOD SERVICES HEALTHY EATING PROGRAM

ONLY \$5.00 per day

Monday

Tuesday

Wednesday

Thursday

Friday

			Chicken Strips with Potato Wedges Fruit or Veggie Milk	Whole Wheat Macaroni & Cheese Fruit or Veggie Milk
			1	2
Butter Chicken with Brown Blend Rice Fruit or Veggie Milk	Hot Dog (beef) Whole Wheat Bun Fruit or Veggie Milk	Tri-colour Rotini with Chicken in Rose Sauce Fruit or Veggie Milk	BBQ Chicken with Mashed Potatoes Fruit or Veggie Juice	Curriculum Implementation Day
5	6	7	8	9
Remembrance Day (in lieu of Nov. 11)	Baked Chicken with Kernel Corn Fruit or Veggie Milk	Fish Fillet with Rice & Quinoa Fruit or Veggie Milk	Chicken Caesar salad Whole Wheat Bun Fruit or Veggie Milk	Shepherd's Pie (beef) Fruit or Veggie Milk
12	13	14	15	16
Stir Fry Pork with Celery and Carrot on Rice Fruit or Veggie Milk	Cacciatore Chicken with Tri-colour Rotini Fruit or Veggie Milk	Turkey Chili Whole Wheat Bun Fruit or Veggie Milk	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk	Chicken & Pineapple Pizza on Multigrain Crust Fruit or Veggie Milk
19	20	21	22	23
Meat Sauce (beef) with Whole Wheat Penne Pasta Fruit or Veggie Milk	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk	Hamburger (beef) Whole Wheat Bun Shredded Lettuce Tomato Fruit or Veggie Milk	Chicken Meatballs with Whole Wheat Spaghetti Fruit or Veggie Milk	Curry Beef with Carrot on Rice Fruit or Veggie Milk
26	27	28	29	30

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:

\$ 100⁰⁰

*Full Payment Required.
Postdated cheques to Nov 7

COMPLETE THE LUNCHSMART™
REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

RETURN THE SEALED ENVELOPE
TO THE OFFICE BY:

Friday, Oct. 26, 2018

*Please make cheques payable to the Vancouver School Board.