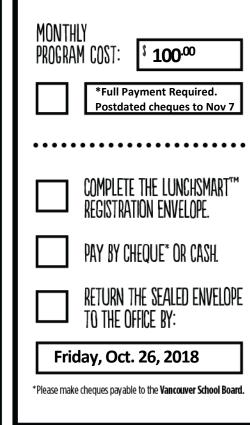
NOVEMBER 2018 MENU Junchsmart



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.



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