

# FEBRUARY 2020 MENU



VSBC FOOD SERVICES HEALTHY EATING PROGRAM

**ONLY**  
**\$5.25**  
per day

## 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.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Chicken a la King on Rice Fruit or Veggie Milk <b>3</b>	Hot Dog (beef) Fruit or Veggie Milk <b>4</b>	Chicken Noodle Soup WW Bun Fruit or Veggie Milk <b>5</b>	BBQ Chicken with Roasted Potatoes Fruit or Veggie Milk <b>6</b>	WW Macaroni & Cheese Fruit or Veggie Milk <b>7</b>
Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk <b>10</b>	Beef Meatball Sub in Light BBQ Sauce Fruit or Veggie Milk <b>11</b>	Sweet & Sour Chicken with Rice Fruit or Veggie Milk <b>12</b>	Beef Goulash with Kernel Corn Fruit or Veggie Milk <b>13</b>	<b>District Pro-D Day</b> <b>14</b>
<b>Family Day</b> <b>17</b>	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk <b>18</b>	Chicken Caesar Wrap WW Tortilla Romaine Lettuce Fruit or Veggie Milk <b>19</b>	Curry Chickpea with Rice Fruit or Veggie Milk <b>20</b>	Turkey Meatballs with WW Spaghetti Fruit or Veggie Milk <b>21</b>
Stir Fry Tofu with Vegetable on Rice Fruit or Veggie Milk <b>24</b>	Pulled Pork Sandwich Fruit or Veggie Milk <b>25</b>	Fish Taco WW Tortilla Shredded Lettuce Fruit or Veggie Milk <b>26</b>	Tri-colour Rotini with Chicken in Rosé Sauce Fruit or Veggie Milk <b>27</b>	Cheese Pizza on Multigrain Crust Fruit or Veggie Milk <b>28</b>

MONTHLY  
PROGRAM COST:

**\$94.50**

\*Subsidy Required.

COMPLETE THE LUNCHSMART™  
REGISTRATION ENVELOPE.

PAY BY CHEQUE\* OR CASH.

RETURN THE SEALED ENVELOPE  
TO THE OFFICE BY:

**Thursday, January 23, 2020**

\*Please make cheques payable to the Vancouver School Board.