

APRIL 2022 MENU



Monday

Tuesday

Wednesday

Thursday

Friday

				Turkey Bolognese Penne Fruit or Veggie Milk	1
Meatloaf (beef) with Mashed Potato & Gravy Fruit or Veggie Milk	Chicken Noodle Soup WW Bun Fruit or Veggie Milk	Veggie Meatball with Penne Fruit or Veggie Milk	Honey Garlic Chicken with Rice Fruit or Veggie Milk	Cheese Pizza on Multigrain Crust Fruit or Veggie Milk	8
4	5	6	7		
Chicken Finger with Baked Potato Wedges Fruit or Veggie Milk	WW Macaroni & Cheese Fruit or Veggie Milk	Turkey Chili WW Bun Fruit or Veggie Milk	Chicken a La King on Rice Fruit or Veggie Milk	Good Friday	15
11	12	13	14		
Easter Monday	Beef Goulash with Roast Potato Fruit or Veggie Milk	Chicken Burger WW Bun Fruit or Veggie Milk	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk	Chicken Chow Mein Fruit or Veggie Milk	22
18	19	20	21		
District Pro-D Day	Cheese Tortellini in Cream Sauce Fruit or Veggie Milk	BBQ Chicken with Mashed Potato Fruit or Veggie Milk	Turkey Meatball with Light BBQ Sauce WW Bun Fruit or Veggie Milk	Butter Chicken with Brown Blend Rice Fruit or Veggie Milk	29
25	26	27	28		

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.

MONTHLY PROGRAM COST:

\$94.50

I can contribute this month.

COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

Tuesday, March 29, 2022

*Please make cheques payable to the Vancouver School Board.