

# MARCH 2022 MENU



**ONLY \$5.25 per day**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	Mango Salsa Chicken with Kernel Corn Fruit or Veggie Milk	WW Macaroni & Cheese Fruit or Veggie Milk	Japanese Curry Chicken with Rice Fruit or Veggie Milk	Beef Goulash with Penne Fruit or Veggie Milk
	1	2	3	4
Cheese Tortellini in Cream Sauce Fruit or Veggie Milk	Turkey Chili WW Bun Fruit or Veggie Milk	Shepherd's Pie (beef) Fruit or Veggie Milk	Sweet & Sour Chicken with Rice Fruit or Veggie Milk	Veggie Pepperoni Pizza (meat-free, multigrain crust) Fruit or Veggie Milk
7	8	9	10	11

Spring Break  
March 14-25

BBQ Chicken with Mashed Potato Fruit or Veggie Milk	Egg Fried Rice Fruit or Veggie Milk	Chicken Spaghetti Casserole Fruit or Veggie Milk	Hamburger (beef) WW Bun Shredded Lettuce & Tomato Fruit or Veggie Milk	
28	29	30	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:

**\$68.25**

I can contribute this month.

COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE.

PAY BY CHEQUE\* OR CASH.

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

**Thursday, Feb. 17, 2022**

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