

SEPTEMBER 2018 MENU

Lunchsmart™

VSS FOOD SERVICES HEALTHY EATING PROGRAM

Monday : Tuesday : Wednesday : Thursday : Friday

Labour Day 3	No lunch service 4	No lunch service 5	Chicken a la King on Rice Fruit or Veggie Milk 6	Shepherd's Pie (beef) Fruit or Veggie Milk 7
Chicken Lo Mein (Asian noodles) Fruit or Veggie Milk 10	Whole Wheat Macaroni & Cheese Fruit or Veggie Milk 11	Hot Dog (beef) Whole Wheat Bun Fruit or Veggie Milk 12	BBQ Chicken with Kernel Corn Fruit or Veggie Milk 13	Meat Sauce (beef) with Whole Wheat Penne Pasta Fruit or Veggie Milk 14
Beef Lasagna Fruit or Veggie Milk 17	Stir Fry Pork on Rice Fruit or Veggie Milk 18	Chicken Caesar Wrap Whole Wheat Tortilla Fruit or Veggie Milk 19	Cheese Ravioli with Tomato Sauce Fruit or Veggie Milk 20	Professional Day NO SCHOOL 21
Chicken Meatballs with Whole Wheat Spaghetti Fruit or Veggie Milk 24	Beef Stew Whole Wheat Bun Fruit or Veggie Milk 25	Fish Taco Whole Wheat Tortilla Shredded Lettuce Fruit or Veggie Milk 26	Tri-colour Rotini with Chicken in Rosé Sauce Fruit or Veggie Milk 27	Cheese Pizza on Multigrain Crust Fruit or Veggie Milk 28

DID YOU KNOW...

ONLY \$5.00 per day

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:

\$80.00

*Full Payment Required.

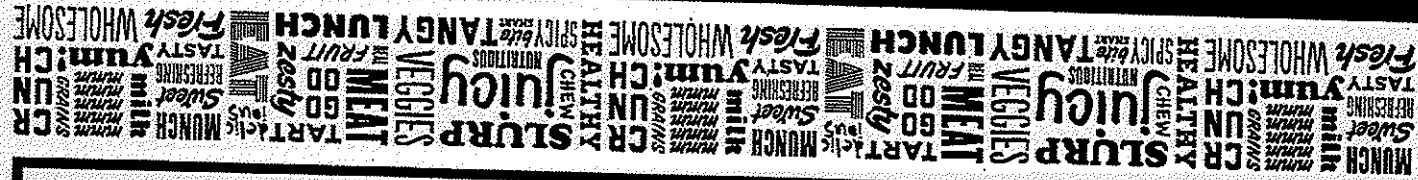
COMPLETE THE LUNCHSMART™ REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

RETURN THE SEALED ENVELOPE TO THE OFFICE BY:

Friday, Sep. 14, 2018

*Please make cheques payable to the Vancouver School Board.



SCHOOL PRINCIPAL/VICE-PRINCIPAL APPROVAL

Principal/Vice-Principal Signature _____

Date _____



Ministry of Education

Food Services

USB

Student Name _____
Parent/Guardian Signature _____

School Name _____
Date _____



I HAVE READ THE PROGRAM INFORMATION AND UNDERSTAND SPECIAL DIETS CANNOT BE ACCOMMODATED.

Selkirk Elementary and University Hill Elementary

Full-Pay Schools – Monthly Payment Required:

each month.
receive a registration payment envelope. Families at the following schools are required to pay the full program cost monthly toward the cost of the program. Each month your child participates in the Lunchsmart™ program, you will contribute toward the cost of the program. All families participating in the Lunchsmart™ program are expected to contribute

YES, I WANT MY CHILD TO PARTICIPATE IN THE LUNCHSMART™ PROGRAM.

2018/19 ELEMENTARY SCHOOL (FULL PAY) PROGRAM ENROLLMENT FORM

