

DECEMBER 2022 MENU



VSB FOOD SERVICES HEALTHY EATING PROGRAM

ONLY
\$5.75
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 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

			Butter Chicken & Rice Fruit or Veggie Milk	Fried Rice with Tofu Fruit or Veggie Milk
			1	2
Fish Sticks & Potato Wedges Fruit or Veggie Milk	Cheese Tortellini Alfredo Fruit or Veggie Milk	Turkey Chili with Rice Fruit or Veggie Milk	Meatball Sub (beef) Bun Fruit or Veggie Milk	Chicken Burger Bun Fruit or Veggie Milk
5	6	7	8	9
Chicken Nuggets & Mashed Potatoes Fruit or Veggie Milk	Sweet & Sour Meatballs (beef) & Rice Fruit or Veggie Milk	Turkey, Mashed Potatoes, Vegetables & Gravy Fruit or Veggie Milk	Hamburger (beef) Bun Fruit or Veggie Milk	Veggie-Pepperoni Pizza (meat-free, multigrain crust) Fruit or Veggie Milk
12	13	14	15	16

Winter Break

December 19, 2022 – January 2, 2023

**MONTHLY
PROGRAM COST:**

\$69.00

I can contribute this month.

COMPLETE THE LUNCHSMART™
REGISTRATION ENVELOPE.

PAY BY CHEQUE* OR CASH.

RETURN THE SEALED ENVELOPE
TO THE OFFICE BY:

Thursday, November 24, 2022

*Please make cheques payable to the Vancouver School Board.