



SCHOOL LUNCH PROGRAM

December 2009

RETURN ENVELOPE BEFORE: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Hot Dog (turkey) ✓✓ Cracked Wheat Bun ✓ Veggies & Dip ✓✓ Yogurt ✓ Milk ✓✓	2. Sweet 'n Sour Meatballs (beef) ✓ Steamed Rice ✓ Fresh Fruit ✓✓ Juice ✓	3. Veggie Lasagna ✓✓ Caesar Salad with Croutons ✓ Milk ✓✓	4. Veggie-Pepperoni Pizza on Multigrain Crust ✓ Fresh Fruit ✓✓ Milk ✓✓
7. Butter Chicken ✓ Basmati Rice ✓ Crackers ✓ Fresh Fruit ✓✓ Milk ✓✓	8. Meatloaf (Beef) ✓ Kernel Corn ✓✓ Gravy Veggies & Dip ✓✓ Milk ✓✓	9. Penne Pasta with Turkey Sauce ✓✓ Caesar Salad with Croutons ✓ Milk ✓✓	10. Chicken Noodle Soup Portuguese Bun ✓ Fresh Fruit ✓✓ Milk ✓✓	11. Chicken Salad Sandwich ✓ OR Salmon Salad Sandwich ✓ Shredded Lettuce ✓✓ Fresh Fruit ✓✓ Chocolate Milk ✓✓
14. Chicken Stew ✓ Multigrain Roll ✓ Veggies & Dip ✓✓ Milk ✓✓	15. Macaroni & Cheese ✓ Mixed Green Salad ✓✓ Croutons Milk ✓✓	16. Roast Turkey, Mashed Potatoes, Kernel Corn & Gravy Mandarin Orange ✓ Cranberry Juice ✓ Candy Canes	17. Cheese Pizza on Multigrain Crust ✓ Fresh Fruit ✓✓ Milk ✓✓	18. Egg Salad Sandwich ✓ OR Cheddar Cheese Sandwich ✓ Shredded Lettuce ✓✓ Fresh Fruit ✓✓ Milk ✓✓
21. HOLIDAY SCHOOL CLOSED	22. HOLIDAY SCHOOL CLOSED	23. HOLIDAY SCHOOL CLOSED	24. HOLIDAY SCHOOL CLOSED	25. HOLIDAY SCHOOL CLOSED
28. HOLIDAY SCHOOL CLOSED	29. HOLIDAY SCHOOL CLOSED	30. HOLIDAY SCHOOL CLOSED	31. HOLIDAY SCHOOL CLOSED	

Healthy Eating Categories : Choose Most ✓✓ Choose Sometimes ✓ Group 1

VANCOUVER SCHOOL BOARD LUNCH PROGRAM, 1580 West Broadway, Vancouver, BC V6J 5K8 - Fax: 604-713-5052



SCHOOL LUNCH PROGRAM - MONTHLY REGISTRATION

I give the school permission to provide lunch to my child. I have reviewed the monthly menu with my child to ensure that he/she is aware of all menu items which he/she should not eat for medical or other reasons.

LUNCH PROGRAM COST: **\$52.00**

AMOUNT ENCLOSED: \$ _____

Cash Cheque

Make cheque payable to the Vancouver School Board. Write your child's FULL name, grade and division on the cheque.

Month: **December** Year: **2009**

School : _____

Return Date: _____

Parent/Guardian Signature

Student Name: _____

Grade : _____ Division: _____ Teacher: _____

Enclose this form with your contribution in the envelope provided and seal it. Please ensure address label is visible.