



SCHOOL LUNCH PROGRAM

November 2009

RETURN ENVELOPE BEFORE: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Rotini with Turkey Sauce √√ Mixed Green Salad √√ Croutons Milk √√	3. Butter Chicken √ Basmati Rice √ Crackers √ Veggies & Dip √√ Milk √√	4. Minestrone Soup √√ Multigrain Roll √ Fresh Fruit √√ Juice √	5. Beef Lasagna √ Mixed Veggie Salad √√ Milk √√	6. Veggie-Pepperoni Pizza on Multigrain Crust √ Fresh Fruit √√ Milk √√
9. Tuna Noodle Casserole √ Tossed Salad √√ Milk √√	10. Hamburger (Beef) √ Cracked Wheat Bun √ Shredded Lettuce √√ Tomato Slices √√ Fresh Fruit √√ Milk √√	11. REMEMBRANCE DAY - SCHOOL CLOSED	12. Honey Garlic Baked Chicken √√ Steamed Rice √ Crackers √ Veggies & Dip √√ Milk √√	13. Chicken Salad Sandwich √ OR Egg Salad Sandwich √ Shredded Lettuce √√ Fresh Fruit √√ Chocolate Milk √√
16. Beef Stew √ Bread Roll √ Yogurt √ Milk √√	17. Chicken Fingers √√ Mashed Potatoes √√ Gravy Crackers √ Fresh Fruit √√ Milk √√	18. Macaroni & Cheese √ Mixed Green Salad √√ Croutons Juice √	19. Turkey Taco √√ WW Tortilla √ Shredded Lettuce √√ Cheddar Cheese √ Salsa √ Fresh Fruit √√ Milk √√	20. Chicken & Pineapple Pizza on Multigrain Crust √ Fresh Fruit √√ Milk √√
23. Cheese Tortellini with Tomato Sauce √ Mixed Veggie Salad √√ Milk √√	24. Beef Chili √ Portuguese Bun √ Fresh Fruit √√ Milk √√	25. BBQ Chicken √√ Mashed Potatoes √√ Crackers √ Veggies & Dip √√ Milk √√	26. Rotini with Turkey Sauce √√ Mixed Green Salad √√ Croutons Milk √√	27. Chicken Salad Sandwich √ OR Tuna Salad Sandwich √ Shredded Lettuce √√ Fresh Fruit √√ Chocolate Milk √√
30. Chicken Chow Mein √ Crackers √ Fresh Fruit √√ Milk √√				

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: **November** 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.