



# SCHOOL LUNCH PROGRAM

## January 2010

RETURN ENVELOPE BEFORE: \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. <b>HOLIDAY SCHOOL CLOSED</b>
4. Cheese Tortellini with Tomato Sauce ✓ Caesar Salad with Croutons ✓ Milk ✓✓	5. Turkey Noodle Soup ✓✓ Cracked Wheat Roll ✓ Fresh Fruit ✓✓ Milk ✓✓	6. Beef Stroganoff with Noodles ✓ Sour Cream Veggies & Dip ✓✓ Milk ✓✓	7. Chicken Fried Rice ✓ Fresh Fruit ✓✓ Milk ✓✓	8. Chicken Salad Sandwich ✓ OR Cheddar Cheese Sandwich ✓ Shredded Lettuce ✓✓ Fresh Fruit ✓✓ Chocolate Milk ✓✓
11. Rotini with Turkey Sauce ✓✓ Mixed Green Salad ✓✓ Croutons Milk ✓✓	12. Butter Chicken ✓ Basmati Rice with Peas ✓ Crackers ✓ Milk ✓✓	13. Chicken Chow Mein ✓ Crackers ✓ Fresh Fruit ✓✓ Juice ✓	14. Beef Lasagna ✓ Mixed Green Salad ✓✓ Milk ✓✓	15. Veggie-Pepperoni Pizza on Multigrain Crust ✓ Fresh Fruit ✓✓ Milk ✓✓
18. Tuna Noodle Casserole ✓ Tossed Salad ✓✓ Milk ✓✓	19. Hamburger (Beef) ✓ Cracked Wheat Bun ✓ Shredded Lettuce ✓✓ Tomato Slices ✓✓ Fresh Fruit ✓✓ Milk ✓✓	20. Honey Garlic Baked Chicken ✓✓ Steamed Rice ✓ Veggies & Dip ✓✓ Milk ✓✓	21. Chicken Noodle Soup Caesar Salad with Croutons ✓ Milk ✓✓	22. Egg Salad Sandwich ✓ OR Cheddar Cheese Sandwich ✓ Shredded Lettuce ✓✓ Fresh Fruit ✓✓ Chocolate Milk ✓✓
25. Beef Stew ✓ Bread Roll ✓ Yogurt ✓ Milk ✓✓	26. Chicken Fingers ✓✓ Mashed Potatoes ✓✓ Gravy Peach Slices Milk ✓✓	27. Macaroni & Cheese ✓ Mixed Green Salad ✓✓ Croutons Juice ✓	28. Turkey Taco ✓✓ WW Tortilla ✓ Shredded Lettuce ✓✓ Cheddar Cheese ✓ Salsa ✓ Fresh Fruit ✓✓ Milk ✓✓	29. Chicken & Pineapple Pizza on Multigrain Crust ✓ 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: **January** Year: **2010**

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.