

## Burns Science and Technology Charter School k-8

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**6**

**Teacher Duty Day**

**7**

**Beef Burrito**  
w/ Taco Sauce & Sour Cream

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Pinto Beans, Red Peppers, Milk, Juice, & Fruit

**1**

**Winter Break**

**2**

**Winter Break**

**3**

**Winter Break**

**13**

**Mac n' Cheese**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Egg, Cheese, WG Roll, & Croutons

Sides: Honey Carrot Coins, Milk, Juice, & Fruit

**14**

**Buffalo Chicken Dip**  
w/ Corn Chips

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Celery, Milk, Juice, & Fruit

**15**

**Corn Dog**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons

Sides: Baked Beans, Carrots, Milk, Juice, & Fruit

**16**

**Beef Empanada**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Corn, Milk, Juice, & Fruit

**17**

**French Bread Pizza: Cheese or Pepperoni**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons

Sides: Caesar Salad, Milk, Juice, & Fruit

**20**

**Martin Luther King's Birthday**

**21**

**Chicken Quesadilla**  
w/ Salsa

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Black Beans, Red Peppers, Milk, Juice, & Fruit

**22**

**Chicken and Waffles**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons

Sides: Green Beans, Milk, Juice, & Fruit

**23**

**2 Chicken Eggrolls**  
w/ Sweet n' Sour Sauce

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Corn, Cauliflower Salad, Milk, Juice, & Fruit

**24**

**Pizza: Cheese or Pepperoni**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons

Sides: Caesar Salad, Carrots, Milk, Juice, & Fruit

**27**

**Turkey and Cheese Sub**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Egg, Cheese, WG Roll, & Croutons

Sides: Baked Beans, Milk, Juice, & Fruit

**28**

**2 Beef Soft tacos**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: Cilantro lime Cauliflower, Milk, Juice, & Fruit

**29**

**Toasted Cheese**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons

Sides: Tomato Soup, Pickles, Milk, Juice, & Fruit

**30**

**BBQ Chicken**  
On a WG Bun

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons

Sides: French Fries, Milk, Juice, & Fruit

**31**

**Pizza: Cheese or Pepperoni**

PBJ Sandwich w/ Cheese Stick  
Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons

Sides: Caesar Salad, Carrots, Milk, Juice, & Fruit

**Harvest of the Month: Harvest of the Month: Cauliflower** – Did you know that It's high in vitamins C and K, and is also a good source of folate, which supports cell growth and is essential during pregnancy. Cauliflower is fat-free and cholesterol-free. And it's low in sodium. A one-cup serving contains only 25 calories, 5 grams of carbohydrates and 2 grams of dietary fiber. (The Mayo Clinic Health System)

At lunch, we are required to offer five components. Students are required to take 3 of the 5 components, one of those must be a serving of fruit or vegetable to be counted as reimbursable. We encourage students to take all 5.

This Institution is an Equal Opportunity Provider

- Components:**
- Bread/grain
  - Fruit
  - Vegetable
  - Milk
  - Meat/Meat Alternate