

Burns Science and Technology Charter School 9-12

Monday

Choose one of the following: **3**
Mac n' Cheese w/ WG Slider,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Broccoli, Milk, Juice, & Fruit

Choose one of the following: **10**
Broccoli & Cheese Soup
w/ 2 WG sliders
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Roasted Potatoes, Milk, Juice, & Fruit

No School

Choose one of the following: **24**
Turkey and Cheese Sub
w/ toppings, mayo and mustard,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Tater Tots, Milk, Juice, & Fruit

Tuesday

Choose one of the following: **4**
Beef Nachos,
Taco Salad,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Black Beans, Tomatoes, Milk,
Juice, & Fruit

Choose one of the following: **11**
Taco Joe,
Turkey Bacon Swiss Bagel,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Pinto Beans, Red Peppers, Milk,
Juice, & Fruit

Choose one of the following: **8**
Buffalo Chicken Dip w/ Tortilla Chips,
American Sub,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Celery, Carrots, Milk, Juice, & Fruit

Choose one of the following: **25**
Beef Burrito,
w/ Salsa & Sour Cream
Buffalo Chicken Wrap,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Fajita Veggies, Milk, Juice, & Fruit

Wednesday

Choose one of the following: **5**
Corn Dog,
w/ Ketchup & Mustard
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Cole Slaw, Pickles, Milk, Juice, & Fruit

Choose one of the following: **12**
Chicken Tenders
w/ 2 WG Breadsticks,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Green Beans, Celery, Milk, Juice, & Fruit

Choose one of the following: **19**
Crispy Chicken Sandwich,
w/ Ketchup & Mustard
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: French Fries, Pickles, Milk, Juice, & Fruit

Choose one of the following: **26**
Corn Dog,
w/ Ketchup & Mustard
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Green Beans, Milk, Juice, & Fruit

Thursday

Choose one of the following: **6**
BBQ Chicken flatbread,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Corn, Carrots, Milk, Juice, & Fruit

Choose one of the following: **13**
Korean Meatball Bowl,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Roasted Broccoli, Milk, Juice, & Fruit

Choose one of the following: **20**
2 Chicken Eggrolls,
w/ Sweet & Sour Sauce
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Salad w/ Asian dressing,
Edamame, Milk, Juice, & Fruit

Choose one of the following: **27**
Beef Empanada,
w/ Salsa
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Pinto Beans, Milk, Juice, & Fruit

Friday

Choose one of the following: **7**
Pizza: Cheese or Pepperoni,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Mixed Green Salad, Milk, Juice, & Fruit

Choose one of the following: **14**
French Bread Pizza:
Cheese or Pepperoni,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Caesar Salad, Carrots, Milk, Juice, & Fruit

Choose one of the following: **21**
Pizza: Cheese or Pepperoni,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Caesar Salad, Sweet Potatoes,
Milk, Juice, & Fruit

Choose one of the following: **28**
Pizza: Cheese or Sausage,
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,
Sides: Caesar Salad, Milk, Juice, & Fruit

Harvest of the Month: Harvest of the Month: Red Leaf Lettuce - Besides adding color to your salads, red leaf lettuce also has health benefits. Some benefits may include promoting heart health and being a source of vitamin A and K. ([healthline.com](https://www.healthline.com))

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.

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