

Burns Science and Technology Charter School k-8

Monday

Tuesday

Wednesday

Thursday

Friday

Beef & Cheese Burrito 1

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Cucumbers, Pinto Beans Milk,
 Juice, & Fruit

Crispy Chicken Sandwich 2

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Popcorn Chicken, Cheese,
 WG Roll, & Croutons
 Sides: Carrots, Corn, Milk, Juice, & Fruit

Fried Rice 3

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Tomatoes, Brussels sprouts,
 Milk, Juice, & Fruit

Pizza: Cheese or Sausage 4

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Chicken, Cheese,
 WG Roll, & Croutons
 Sides: Caesar Salad, Celery, Milk, Juice,
 & Fruit

Meatloaf 7
 w/ WG Biscuit

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Egg, Cheese, WG Roll,
 & Croutons
 Sides: Mashed Potatoes, Milk, Juice, &
 Fruit

Mexicali Chicken Casserole 8
 w/ WG Slider

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Roasted Fajita veggies, Milk,
 Juice, & Fruit

Cheeseburger 9

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Popcorn Chicken, Cheese,
 WG Roll, & Croutons
 Sides: Pickles, Salad, Milk, Juice, & Fruit

Chicken Tikka Masala 10
 with Pita

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Carrots, Cauliflower, Milk, Juice,
 & Fruit

French Bread Pizza: 11
 Cheese or Pepperoni

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Chicken, Cheese,
 WG Roll, & Croutons
 Sides: Caesar Salad, Milk, Juice, & Fruit

14
Teacher Duty Day
Buffalo Chicken Dip 15
 w/ Corn Chips

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Pinto Beans w/ Salsa, Celery,
 Milk, Juice, & Fruit

Corn Dog 16
 w/ Ketchup & Mustard

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Popcorn Chicken, Cheese,
 WG Roll, & Croutons
 Sides: Corn, Tomatoes, Milk, Juice, &
 Fruit

2 Eggrolls 17
 w/ Sweet & Sour sauce

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Asian Veggie Mix, Milk, Juice, &
 Fruit

Pizza: Cheese or Pepperoni 18

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Chicken, Cheese,
 WG Roll, & Croutons
 Sides: Caesar Salad, Carrots, Milk, Juice,
 & Fruit

Baked Ziti 21

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Egg, Cheese, WG Roll,
 & Croutons
 Sides: Lemony spinach, Milk, Juice, &
 Fruit

Beef Empanada 22
 w/ salsa

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Black beans, celery, Milk, Juice, &
 Fruit

3 Chicken Tenders 23
 w/ WG Slider & BBQ Sauce

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Popcorn Chicken, Cheese,
 WG Roll, & Croutons
 Sides: Green Beans, Milk, Juice, & Fruit

Arroz con Queso 24
 (Rice with Cheese) w/ WG Slider

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Sweet Peas, Milk, Juice, & Fruit

Cheese Filled Breadstick 25
 w/ Marinara

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Chicken, Cheese,
 WG Roll, & Croutons
 Sides: Caesar Salad, Milk, Juice, & Fruit

Chicken Alfredo 28
 w/ Garlic Bread stick

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Egg, Cheese, WG Roll,
 & Croutons
 Sides: Spinach Salad, Honey Carrot
 Coins, Milk, Juice, & Fruit

Chicken Taco Bowl 29

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Fiesta Corn, Black bean Salad,
 Milk, Juice, & Fruit

Toasted Cheese Sandwich 30

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Popcorn Chicken, Cheese,
 WG Roll, & Croutons
 Sides: Tomato Soup, Pickles, Milk, Juice,
 & Fruit

Korean BBQ Meatballs 31
 & a Hoagie Roll

PBJ Sandwich w/ Cheese Stick
 Salad Bar w/ Diced Ham, Cheese,
 WG Roll, & Croutons
 Sides: Roasted Cauliflower, Milk, Juice,
 & Fruit

Harvest of the Month: Satsuma - Satsuma is a part of the mandarin orange family. Clementines, and tangerines are also included. Florida satsumas are primarily grown in Jackson and Collier counties but can be found in central and north Florida. Satsuma are an excellent source of immune-boosting vitamin C, A, potassium, magnesium, manganese, fiber, and flavonoids. <https://ackermancancer-center.com/satsuma-mandarins-floridas-local-fruit-with-great-health-benefits/>

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 Employer

Components:

- Bread/grain
- Fruit
- Vegetable
- Milk
- Meat/Meat Alternate