

Burns Science and Technology Charter School k-8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mac & Cheese 3</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Egg, Cheese, WG Roll, & Croutons</p> <p>Sides: Broccoli, Milk, Juice, & Fruit</p>	<p>Beef Nachos 4</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons</p> <p>Sides: Black Beans, Tomatoes, Milk, Juice, & Fruit</p>	<p>Corn Dog 5</p> <p>w/ Ketchup & Mustard</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons</p> <p>Sides: Cole Slaw, Pickles, Milk, Juice, & Fruit</p>	<p>BBQ Chicken Flatbread 6</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons</p> <p>Sides: Corn, Carrots, Milk, Juice, & Fruit</p>	<p>Pizza: Cheese or Pepperoni 7</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons</p> <p>Sides: Mixed Green Salad, Milk, Juice, & Fruit</p>
<p>Broccoli & Cheese Soup w/ WG Biscuit 10</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Egg, Cheese, WG Roll, & Croutons</p> <p>Sides: Roasted Potatoes, Milk, Juice, & Fruit</p>	<p>Taco Joe (Beef Taco Meat on a Bun) 11</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons</p> <p>Sides: Pinto Beans, Red Peppers, Milk, Juice, & Fruit</p>	<p>Chicken Tenders w/ WG Breadstick 12</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons</p> <p>Sides: Green Beans, Celery & Ranch, Milk, Juice, & Fruit</p>	<p>Korean Meatball Bowl 13</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons</p> <p>Sides: Roasted Broccoli, Milk, Juice, & Fruit</p>	<p>French Bread Pizza: Cheese or Pepperoni 14</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons</p> <p>Sides: Caesar Salad, Carrots, Milk, Juice, & Fruit</p>
<p>No School 17</p>	<p>Buffalo Chicken Dip w/ Tortilla Chips 18</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons</p> <p>Sides: Celery, Carrots, Milk, Juice, & Fruit</p>	<p>Crispy Chicken Sandwich 19</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons</p> <p>Sides: French Fries, Pickles, Milk, Juice, & Fruit</p>	<p>2 Chicken Eggrolls w/ Sweet & Sour Sauce 20</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons</p> <p>Sides: Mixed Green Salad w/ Asian Dressing, Edamame, Milk, Juice, & Fruit</p>	<p>Pizza: Cheese or Pepperoni 21</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons</p> <p>Sides: Caesar Salad, Sweet Potatoes, Milk, Juice, & Fruit</p>
<p>Turkey and Cheese Sub w/ toppings, mayo and mustard 24</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Egg, Cheese, WG Roll, & Croutons</p> <p>Sides: Tater tots, Milk, Juice, & Fruit</p>	<p>Beef Burrito w/ Salsa & Sour Cream 25</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons</p> <p>Sides: Fajita Veggies, Milk, Juice, & Fruit</p>	<p>Corn Dog 26</p> <p>w/ Ketchup & Mustard</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Popcorn Chicken, Cheese, WG Roll, & Croutons</p> <p>Sides: Green Beans, Milk, Juice, & Fruit</p>	<p>Empanada w/ Salsa 27</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Ham & Cheese & WG Roll & Croutons</p> <p>Sides: Pinto Beans, Milk, Juice, & Fruit</p>	<p>Pizza: Cheese or Sausage 28</p> <p>PBJ Sandwich w/ Cheese Stick</p> <p>Salad Bar w/ Diced Chicken, Cheese, WG Roll, & Croutons</p> <p>Sides: Caesar Salad, Milk, Juice, & Fruit</p>



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)

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

This Institution is an Equal Opportunity Provider