

## Burns Science and Technology Charter School k-8

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**BBQ Chicken w/ WG Biscuit** 4

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

Sides: Carrots sticks, Green Beans, Milk, Juice, & Fruit

**Chili w/ Corn Bread** 5

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

Sides: Cumin Roasted Broccoli, Milk, Juice, & Fruit

**Cheeseburger w/ toppings** 6

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

Sides: Baked Beans, Milk, Juice, & Fruit

**Chicken n' Noodles w/ WG Slider** 7

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

Sides: Corn, Tomatoes, Milk, Juice, & Fruit

**French Bread Pizza: Cheese or Pepperoni** 8

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

Sides: Caesar Salad, Yellow Squash, Milk, Juice, & Fruit

**Pizza: Cheese or Pepperoni** 1

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

Sides: Caesar Salad, Milk, Juice, & Fruit

**Veterans Day Holiday** 11

**2 Beef Flautas w/ Slider** 12

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

Sides: Black Beans, Milk, Juice, & Fruit

**Corn Dog** 13

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

Sides: Cole Slaw, Tater Tots, Milk, Juice, & Fruit

**Beef Ravioli w/ WG Slider** 14

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

Sides: Brussels Sprouts, Milk, Juice, & Fruit

**Pizza: Cheese or Pepperoni** 15

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

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

**Mac n' Cheese** 18

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

Sides: Broccoli, Milk, Juice, & Fruit

**Beef Burrito** 19

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

Sides: Carrot Sticks, Pinto Beans, Milk, Juice, & Fruit

**Chicken Parm Sandwich** 20

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

Sides: Corn, Cucumbers, Milk, Juice, & Fruit

**Roast Turkey & Gravy WG Stuffing** 21

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

Sides: Mashed Potatoes, Milk, Juice, & Fruit

**Pizza: Cheese or Sausage** 22

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

Sides: Caesar Salad, Sweet Potatoes, Milk, Juice, & Fruit

**Thanksgiving Holiday** 25

**Thanksgiving Holiday** 26

**Thanksgiving Holiday** 27

**Thanksgiving** 28

**Thanksgiving Holiday** 29

**Harvest of the Month: Yellow Squash** - Yellow squash is low in calories, with just about 20 calories per one-cup serving of raw squash. The skin of summer squashes is where the most antioxidants are found, such as beta-carotene and lutein. This means that it's best to eat them with the peel still on, otherwise you'd be throwing away valuable nutrients. Nutrients found within yellow squash include vitamins C and A, fiber, magnesium, potassium, folate, and B6. "Whether you want to grill, sauté, fry, braise, roast, purée, bake, or pickle it, this vegetable lends itself well to just about every culinary technique." Martha Stuart Website"

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