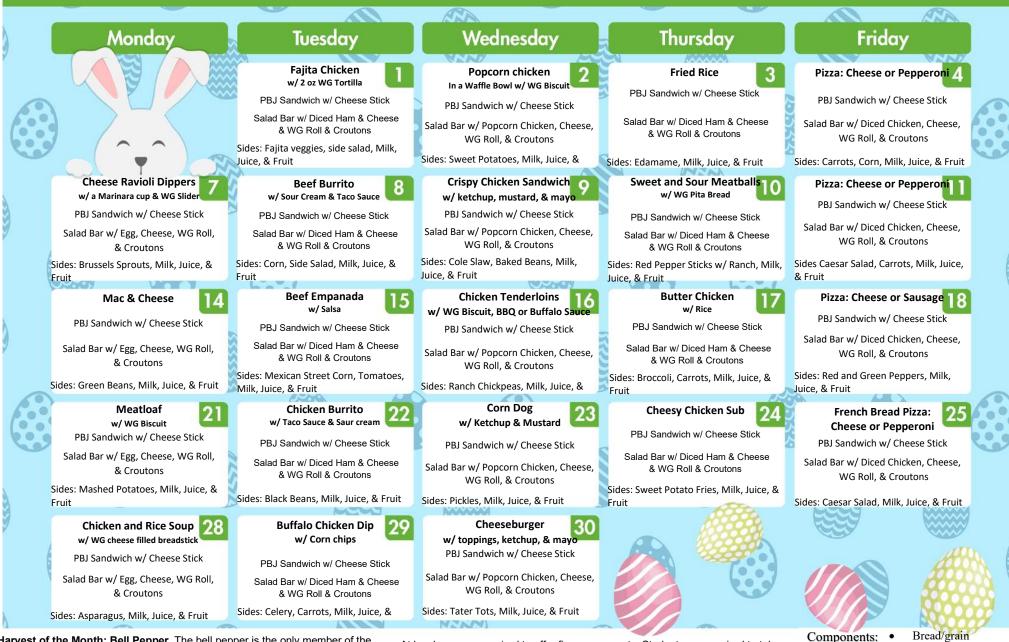
LUNCH

APRIL 2025

Burns Science and Technology Charter School k-8

Students: Complimentary Adult Meal Price \$5.00



Harvest of the Month: Bell Pepper. The bell pepper is the only member of the pepper family that does not produce capsaicin. Bell peppers can be eaten at any stage of development, however the vitamin C and carotenoid content {so all the healthy things about peppers!} of bell peppers increases with ripeness. Red/yel-low/orange bell peppers are simply green bell peppers that have been left on the vine to continue to ripen. <u>https://blog.aghires.com/</u> Look for these delicious peppers this month!!

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

FruitVegetable

- Milk
- Meat/Meat Alternate