

Burns Science and Technology Charter School 9-12

Monday

Tuesday

Wednesday

Thursday

Friday

Cheese Ravioli Dippers **7**

w/ a Marinara cup & WG Slider

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Brussels Sprouts, Milk, Juice, & Fruit

Mac & Cheese **14**

w/ WG Slider

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Green Beans, Milk, Juice, & Fruit

Meatloaf **21**

w/ 2 WG Sliders

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Mashed Potatoes, Milk, Juice, & Fruit

Chicken and Rice Soup **28**

w/ a Cheese filled Breadstick & WG Slider

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Asparagus, Milk, Juice, & Fruit

Fajita Chicken **1**

w/ 2 oz WG Tortilla,
All American Sub,

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Fajita Veggies, Milk, Juice, & Fruit

Beef Burrito **8**

w/ Sour Cream & Taco Sauce,
Buffalo Chicken Wrap,

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Corn, Side Salad Milk, Juice, & Fruit

Beef Empanada **15**

Cobb Salad

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

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

Chicken Burrito, **22**

Cuban,

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Black Beans, Milk, Juice, & Fruit

Buffalo Chicken Dip **29**

w/ 2 oz Corn Chips

Turkey Bacon Swiss Bagel
PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Celery, Carrots, Milk, Juice, & Fruit

Popcorn Chicken in a Waffle Bowl **2**

& WG Biscuit

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Sweet Potatoes, Milk, Juice, & Fruit

Crispy Chicken Sandwich **9**

w/ Ketchup, Mustard, & Mayo

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Cole Slaw, Baked Beans, Milk, Juice, & Fruit

Chicken Tenderloins **16**

w/ WG Biscuit, BBQ or Buffalo Sauce

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Ranch Chick Peas, Milk, Juice, & Fruit

Corn Dog **23**

w/ Ketchup & Mustard

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Pickles, Celery, Milk, Juice, & Fruit

Cheeseburger **30**

w/ Toppings, Ketchup, Mayo & Mustard

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Tater Tots, Milk, Juice, & Fruit

Fried Rice **3**

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Edamame, Milk, Juice, & Fruit

Sweet & Sour Meatballs **10**

w/ WG Pita Bread

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Red Pepper, Milk, Juice, & Fruit

Butter Chicken **17**

w/ Rice

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Broccoli, Carrots, Milk, Juice, & Fruit

Cheesy Chicken Sub **24**

PBJ Sandwich w/ Cheese Stick,

Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Sweet Potato Fries, Milk, Juice, & Fruit

Pizza: Cheese or Pepperoni **4**

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

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

Pizza: Cheese or Pepperoni **11**

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

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

Pizza: Cheese or Sausage **18**

PBJ Sandwich w/ Cheese Stick,
Lunch Salad w/ Cheese, WG Roll,
And a choice of meat,

Sides: Red & Green Peppers, Milk, Juice, & Fruit

French Bread Pizza: **25**

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

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/yellow/orange bell peppers are simply green bell peppers that have been left on the vine to continue to ripen. <https://blog.aghires.com/> 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

Components:

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