



SEPTEMBER 2020

Burns Science & Technology Charter School
9-10th Grade

Paid Student Lunch \$3.00
Reduced Student Lunch \$0.40
Adults & Guests \$3.50

PAY ONLINE:

<https://family.wordwareinc.com>

Questions? Contact: fischerh@burnsscitech.org

Monday



Tuesday

Wednesday

Thursday

Friday

Bean & Cheese Nachos **1**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Ham and Cheese & WG Roll and Croutons
Sides: Chili Roasted Sweet Potatoes, Seasoned Corn & Fresh Fruit

Beef and Broccoli w/Rice **2**

PBJ Sandwich w/ Cheese Stick
Salad w/Popcorn Chicken and Cheese w/ WG Roll and Croutons
Sides: Carrot Souffle', Roasted Potato Wedges & Fresh Fruit

Crispy Chicken Sandwich on WG Bun **3**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Ham and Cheese & WG Roll and Croutons
Sides: Vegetarian Baked Beans, Roasted Green Beans & Fresh Fruit

Deep Dish Pizza: Cheese or Turkey Pepperoni **4**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Chicken and Cheese & WG Goldfish Crackers and Croutons
Sides: Super Yum Side Salad, Roasted Cauliflower & Fresh Fruit



Taco Burger On WG Bun **8**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Ham and Cheese & WG Roll and Croutons
Sides: Red Pepper Sticks, Seasoned Black Beans & Fresh Fruit

Sweet n Sour Chicken Nuggets w/WG Dinner Roll **9**

PBJ Sandwich w/ Cheese Stick
Salad w/Popcorn Chicken and Cheese w/ WG Roll and Croutons
Sides: Oriental Veggies, Carrot Sticks w/Dip & Fresh Fruit

Beef Hot Dog On WG Bun **10**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Ham and Cheese & WG Roll and Croutons
Sides: Garlic Mashed Potatoes, Celery Sticks w/Dip & Fresh Fruit

Big Daddy's Pizza: Cheese or Meat Lover's **11**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Chicken and Cheese & WG Goldfish Crackers and Croutons
Sides: Caesar Side Salad, Zucchini Parmesan & Fresh Fruit

Mini Mac-n-Cheese Cups WG Dinner Roll **14**

PBJ Sandwich w/ Cheese Stick
Vegetarian Salad w/Cheese & WG Roll and Croutons
Sides: Garden Salad, Normandy Mixed Vegetables & Fresh Fruit

Baked Potato w/ Taco Meat and Tortilla Chips **15**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Ham and Cheese & WG Roll and Croutons
Sides: Roasted Sweet Plantains, Seasoned Pinto Beans & Fresh Fruit

Ham & Cheese Slider on WG Bun **16**

PBJ Sandwich w/ Cheese Stick
Salad w/Popcorn Chicken and Cheese w/ WG Roll and Croutons
Sides: Tater Tots, Cucumber Slices w/Dip & Fresh Fruit

Mini Meatball Sub on WG Bun **17**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Ham and Cheese & WG Roll and Croutons
Sides: Roasted Carrots, Rainbow Veggie Boats & Fresh Fruit

Pizza Dunker: Cheese or Pepperoni **18**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Chicken and Cheese & WG Goldfish Crackers and Croutons
Sides: Spaghetti Squash Bake, Kale Salad & Fresh Fruit

(V) 3 Cheese Ravioli w/Marinara Sauce & Breadstick **21**

PBJ Sandwich w/ Cheese Stick
Vegetarian Salad w/Cheese & WG Roll and Croutons
Sides: Italian Roasted Veggies, Caesar Salad & Fresh Fruit

(V) Chili Cheez Nachos **22**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Ham and Cheese & WG Roll and Croutons
Sides: Roasted Ranch Garbanzo Beans, Seasoned Corn & Fresh Fruit

Popcorn Chicken Bowl w/WG Biscuit **23**

PBJ Sandwich w/ Cheese Stick
Salad w/Popcorn Chicken and Cheese w/ WG Roll and Croutons
Sides: Green Beans, Celery Sticks w/Dip & Fresh Fruit

Cheeseburger On WG Bun **24**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Ham and Cheese & WG Roll and Croutons
Sides: Vegetarian Baked Beans, Sweet Potato Fries & Fresh Fruit

Deep Dish Pizza: Cheese or Pepperoni **25**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Chicken and Cheese & WG Goldfish Crackers and Croutons
Sides: Grape Tomatoes w/Dip, Roasted Broccoli & Fresh Fruit

(V) Cheesy Pazzo Bread with Dipping Marinara Sauce **28**

PBJ Sandwich w/ Cheese Stick
Vegetarian Salad w/Cheese & WG Roll and Croutons
Sides: Garden Side Salad, Zucchini Sticks w/Marinara Sauce & Fresh Fruit

Taco Pizza Bagels **29**

PBJ Sandwich w/ Cheese Stick
Salad w/Diced Ham and Cheese & WG Roll and Croutons
Sides: Cheesy Refried Beans, Green Peas & Fresh Fruit

Toasted Cheese Sandwich w/Bacon **30**

PBJ Sandwich w/ Cheese Stick
Salad w/Popcorn Chicken and Cheese w/ WG Roll and Croutons
Sides: Roasted Baby Carrots, Cucumber Slices w/Dip & Fresh Fruit



Harvest of the Month:

Dairy



Available Daily:

5 food components; students must choose 3 including 1 fruit or vegetable choice. **Salad Bar will not be available at this time.**

Beverage Choices:

1% white milk, fat-free chocolate milk available and assorted 100% juice. Students may NOT choose two juice.

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