



LUNCH

OCTOBER 2019

Prices: Students \$2.95, Reduced \$0.40
Adults and Guests \$3.50

Burns Science and Technology Charter School
K-9 Grade

Available Daily: 5 food components; students must
choose 3 including 1 fruit or vegetable choice.
1% white or fat free chocolate milk available
& assorted 100% juice

Prepay Online <https://familymeal.com>

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Soft Taco 1

Salad Bar w/Ham & Roll
PBJ w/Cheese Stick
Fun Lunch

Sides: Cumin Roasted Broccoli,
Cheesy Refried Beans
Assorted Fruit

**Homestyle Mashed Potato
Meatball Bowl w/Biscuit**

Salad Bar w/Popcorn Chicken & Roll
PBJ w/Cheese Stick

Sides: Cheesy Kale Bake, Corn
Assorted Fruit

Chicken n' Waffle Cone 3
w/Roll

Salad Bar w/Ham & Roll
PBJ w/Cheese Stick

Sides: Sweet Potato Fries, Cucumber
Slices w/Dip
Assorted Fruit

Deep Dish Pizza 4
Cheese or Pepperoni

Salad Bar w/Turkey & Roll
PBJ w/Cheese Stick

Sides: Spaghetti Squash Bake,
Garden Salad
Assorted Fruit

(V) Mac-N-Trees 7

Vegetarian Salad Bar w/Roll
PBJ w/Cheese Stick

Sides: Cucumber Slices w/Dip,
Chef's Choice
Assorted Fruit

**Sweet Potato Taco w/ Ground
Beef** 8

Salad Bar w/Ham & Roll
PBJ w/Cheese Stick
Fun Lunch

Sides: Baked Beans w/Cilantro,
Grape Tomatoes & Dip, Fruit

Turkey Tetrazzini 9

Salad Bar w/Popcorn Chicken & Roll
PBJ w/Cheese Stick

Sides: Lemon Roasted Carrots,
Celery Sticks w/Dip
Assorted Fruit

Baked Moroccan Chicken 10
w/Brown Rice & Quinoa

Salad Bar w/Ham & Roll
PBJ w/Cheese Stick

Sides: Roasted Cauliflower w/Tur-
meric, Curry Chickpeas
Assorted Fruit

Wild Mike's Pizza 11
Cheese or Pepperoni

Salad Bar w/Turkey & Roll
PBJ w/Cheese Stick

Sides: Caesar Salad, Green Peas
Assorted Fruit



TEACHER DUTY DAY

Chicken Fajita Mac & Cheese 15

Salad Bar w/Ham & Roll
PBJ w/Cheese Stick
Fun Lunch

Sides: Mexicali Corn, Lentils-of-the-
Southwest
Assorted Fruit

Meatloaf 16

Salad Bar w/Popcorn Chicken & Roll
PBJ w/Cheese Stick

Sides: Herb Roasted Potatoes, Red
Pepper Strips & Dip
Assorted Fruit

Ham & Cheese Slider 17

Salad Bar w/Ham & Roll
PBJ w/Cheese Stick

Sides: California Casserole, Carrots
Sticks w/Dip
Assorted Fruit

French Bread Pizza 18
Cheese or Pepperoni

Salad Bar w/Turkey & Roll
PBJ w/Cheese Stick

Sides: Zucchini Sticks w/Red Sauce
Garden Salad
Assorted Fruit

(V) Savory Shepherd's Pie 21
w/Roll

Vegetarian Salad Bar w/Roll
PBJ w/Cheese Stick

Sides: Carrot Souffle', Celery Sticks
w/Dip
Assorted Fruit

Taco Burger 22

Salad Bar w/Ham & Roll
PBJ w/Cheese Stick
Fun Lunch

Sides: Plantains, Seasoned Pinto
Beans
Assorted Fruit

Cheesy Chicken Pizza Sub 23

Salad Bar w/Popcorn Chicken & Roll
PBJ w/Cheese Stick

Sides: Spinach & Garlic Saute',
Roasted Mushrooms
Assorted Fruit

Beef Stir-Fry 24

Salad Bar w/Ham & Roll
PBJ w/Cheese Stick

Sides: Bok Choy, Sweet Potatoes
Assorted Fruit

Personal Pizza 25

Cheese or Pepperoni or
Salad Bar w/Turkey & Roll
PBJ w/Cheese Stick

Sides: Kickin' Kale Salad, Cheesy
Cauliflower
Assorted Fruit

(V) Cheese Calzone 28
w/ Marinara

Vegetarian Salad Bar w/Roll
PBJ w/Cheese Stick

Sides: Roasted Zucchini, Chef's
Choice & Assorted Fruit

Cheesy Chicken N' Salsa 29

Salad Bar w/Ham & Roll
PBJ w/Cheese Stick
Fun Lunch

Sides: Corn-on-the-Cob, Chickpea
Salad
Assorted Fruit

Popcorn Shrimp & Grits 30
w/Biscuit

Salad Bar w/Popcorn Chicken & Roll
PBJ w/Cheese Stick

Sides: Grape Tomatoes w/Dip,
Cheesy Broccoli
Assorted Fruit

Mummy Dogs 31
(Hot Dog)

Salad Bar w/Ham & Roll
PBJ w/Ghost Stick

Sides: Werewolf Kibble (Baked Beans
& Witches Fingers (Carrot Sticks)
Assorted Fruit & Dessert

This institution is an equal opportunity employer.

NATIONAL KALE DAY 10-2-19

Harvest of the Month: Blueberries

