



JANUARY 2020

Burns Sci-Tech Charter School

Available Daily: 5 Food Components; Students much choose 3, including a fruit or a vegetable choice. 1% White Milk or Fat Free Chocolate & Fat Free Strawberry Milk

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

Monday

Tuesday

Wednesday

Thursday

Friday

3 Cheese Ravioli 6

w/Marinara Sauce & Breadstick

Vegetarian Salad Bar w/Roll

PBJ w/Cheese Stick

Sides: Normandy Blend, Green Peas
Assorted Fruit

SMOOTHIE: Chocolate Coconut Winter

Thick Vegetable Soup 13

w/Parmesan Cheese & WG Roll

Vegetarian Salad Bar w/Roll

PBJ w/Cheese Stick

Sides: Baked Potato, Red Pepper
Strips & Assorted Fruit

SMOOTHIE: Cranberry & Orange

Beef Burrito Grande 7

Salad Bar w/Ham & Roll

PBJ w/Cheese Stick

Fun Lunch

Sides: Cumin Roasted Broccoli,
Bean & Corn Salad & Assorted Fruit

Tater Tot Nachos 14

w/Ground Beef

Salad Bar w/Ham & Roll

PBJ w/Cheese Stick

Fun Lunch

Sides: Cherry Tomatoes, Pinto
Beans w/Salsa & Assorted Fruit

Baked Potato Bar 8

w/ WG Roll

Salad Bar w/Popcorn Chicken & Roll

PBJ w/Cheese Stick

Sides: Roasted Carrot Sticks
w/Oregano, Lima Beans,
& Assorted Fruit

Chicken Teriyaki 15

w/Rice

Salad Bar w/Popcorn Chicken & Roll

PBJ w/Cheese Stick

Sides: Roasted Bok Choy, Rainbow
Veggie Cups & Assorted Fruit

Chicken & Biscuits 9

Salad Bar w/Ham & Roll

PBJ w/Cheese Stick

Sides: Collard Greens w/Sweet
Tomato, Black Eyed Peas
Assorted Fruit

Deep Dish Pizza 10

Cheese or Pepperoni

Salad Bar w/Chicken & Roll

PBJ w/Cheese Stick

Sides: Garden Salad, Spaghetti
Squash Bake & Assorted Fruit

Farmer's Meatball Grinder 16

Sandwich

Salad Bar w/Ham & Roll

PBJ w/Cheese Stick

Sides: Seasoned Carrots w/Corn,
Cucumber Slices w/Dip &
Assorted Fruit

Pizza Dunkers 17

Cheese or Pepperoni

Salad Bar w/Chicken & Roll

PBJ w/Cheese Stick

Sides: Caesar Salad, Green Beans
Assorted Fruit

20

MARTIN LUTHER KING, JR
DAY
NO SCHOOL

Taco Sweet Potato 21

w/Ground Beef & WG Roll

Salad Bar w/Ham & Roll

PBJ w/Cheese Stick

Fun Lunch

Sides: Two Bean Salad, Roasted
Cauliflower & Assorted Fruit

Toasted Cheese Sandwich 18

w/Bacon

Salad Bar w/Popcorn Chicken & Roll

PBJ w/Cheese Stick

Sides: Kale Bake, Delicata' Squash &
Assorted Fruit

Sweet BBQ Chicken 23

w/Cornbread

Salad Bar w/Ham & Roll

PBJ w/Cheese Stick

Sides: Tater Tots, Cucumber &
Tomato Dip & Assorted Fruit

Wild Mike's Pizza 24

Cheese or Pepperoni

Salad Bar w/Chicken & Roll

PBJ w/Cheese Stick

Sides: Cheesy Broccoli, Carrot Sticks
w/Dip & Assorted Fruit

Penne Pasta Dipper 27

w/Cheese Sauce

Vegetarian Salad Bar w/Roll

PBJ w/Cheese Stick

Sides: Spinach, Roasted Winter
Vegetables & Assorted Fruit

SMOOTHIE: Triple Berry Kiwi

Turkey & Rice 28

Carnitas Burrito

Salad Bar w/Ham & Roll

PBJ w/Cheese Stick

Fun Lunch

Sides: Mexicali Corn, Seasoned
Black Beans & Assorted Fruit

Chicken Sandwich 29

w/side Buffalo Sauce

Salad Bar w/Popcorn Chicken & Roll

PBJ w/Cheese Stick

Sides: Green Beans, Carrot Souffle'
Assorted Fruit

Fish Sticks 30

w/WG Roll

Salad Bar w/Ham & Roll

PBJ w/Cheese Stick

Sides: Cherry Tomatoes, Smashed
Potatoes & Assorted Fruit:

French Bread Pizza 31

Cheese or Pepperoni

****Eagle Pizza Munchable****

Cheese or Pepperoni

Salad Bar w/Chicken & Roll

PBJ w/Cheese Stick

Sides: Garden Salad, Zucchini Sticks
w/Marinara

This institution is an equal opportunity employer

01/31/20 *Eagle Pizza Munchable consists of a Bento Box style lunch containing: Pita Bread, Pepperoni, Mozzarella Cheese, Marinara Sauce, Carrots Sticks, Apple Slices, a Rice Krispy Treat, Milk and Juice option.