**OCTOBER 2020**
Burns Science and Technology Charter School
K-8th Grade

<table>
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<th>Day</th>
<th>Lunch Menu</th>
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| **Monday** | (V) Sweet Sloppy Joes w/Lentils Sandwich  
PBJ Sandwich w/Cheese Roll & Croutons  
Vegetarian Salad & Cheese w/GW Roll & Croutons  
Sides: Corn, Bell Pepper Sticks & Assorted Fruit  

(V) Cheese Lasagna  
PBJ Sandwich w/Cheese Stick  
Vegetarian Salad & Cheese w/GW Roll & Croutons  
Sides: Cheesy Kale Bake, Chef's Choice & Assorted Fruit  

(V) Broccoli Cheddar Soup w/WG Biscuit  
PBJ Sandwich w/Cheese Stick  
Vegetarian Salad & Cheese w/GW Roll & Croutons  
Sides: Baked Potato, Waldorf Salad & Assorted Fruit  

Baked Ziti  
PBJ Sandwich w/Cheese Stick  
Vegetarian Salad & Cheese w/GW Roll & Croutons  
Sides: Parmesan Broccoli & Cauliflower, Celery Sticks & Assorted Fruit  

Beef and Refried Bean Burrito  
PBJ Sandwich w/Cheese Stick  
Salad w/Diced Ham & Cheese w/GW Roll & Croutons  
Sides: Ranch Garbanzos, Roasted Butternut Squash & Assorted Fruit  |
| **Tuesday** | Buffalo Chicken Dip w/Tortilla Chips  
PBJ Sandwich w/Cheese Stick  
Vegetarian Salad & Cheese w/GW Roll & Croutons  
Sides: Jicima, Seasoned Black Beans & Assorted Fruit  

Homestyle Mashed Potato Bowl w/Meatballs & WG Roll  
PBJ Sandwich w/Cheese Stick  
Salad w/Diced Ham & Cheese w/GW Roll & Croutons  
Sides: Roasted Carrots, Celery Sticks & Assorted Fruit  

Chicken in a Waffle Cone w/WG Biscuit  
PBJ Sandwich w/Cheese Stick  
Salad w/Diced Chicken & Cheese w/GW Roll & Croutons  
Sides: Cucumber Slices, Roasted Rosemary Veggies & Assorted Fruit  

Turkey Cheesesteak Sandwich  
PBJ Sandwich w/Cheese Stick  
Salad w/Diced Ham & Cheese w/GW Roll & Croutons  
Sides: Mashed Sweet Potatoes, Celery Sticks & Assorted Fruit  

Barbeque Flatbread w/Diced Chicken  
PBJ Sandwich w/Cheese Stick  
Salad w/Diced Ham & Cheese w/GW Roll & Croutons  
Sides: Green Peas, Cucumber Slices & Assorted Fruit  |
| **Wednesday** | Beef Stroganoff  
PBJ Sandwich w/Cheese Stick  
Salad w/Diced Ham & Cheese w/GW Roll & Croutons  
Sides: Roasted Sweet Potatoes, Rainbow Veggie Boats & Assorted Fruit  

Sweet & Sassy Chicken w/WG Roll  
PBJ Sandwich w/Cheese Stick  
Salad w/Diced Ham & Cheese w/GW Roll & Croutons  
Sides: Grape Tomatoes, Green Beans & Assorted Fruit  

Kung Pao Chicken w/Rice  
PBJ Sandwich w/Cheese Stick  
Salad w/Diced Ham & Cheese w/GW Roll & Croutons  
Sides: Stir Fry Vegetables w/Soy Sauce, Grape Tomatoes & Assorted Fruit  

Mac-n-Cheese w/Meatballs & WG Biscuit  
PBJ Sandwich w/Cheese Stick  
Salad w/Diced Ham & Cheese w/GW Roll & Croutons  
Sides: Corn & Green Bean Casserole, Veggie Cruncher Cup & Assorted Fruit  

Deep Dish Yummy Mummy Cheese or Pepperoni Pizza  
PBJ Sandwich w/Ghost Stick  
Salad w/Diced Ham & Cheese w/GW Roll & Jack-o-Lantern Goldfish Crackers w/Oregano  
Sides: Bat-Wing Side Salad, Gooyey Chicken Sticks w/Cheddar  |

This institution is an equal opportunity provider