



AUGUST

2020

BURNHAMWOOD CHARTER SCHOOLS- LUNCH MENU



No School
3.

Cheese Sticks
Marinara sauce
Broccoli
Fruit
Milk
10.

Chicken Tenders
Potato Wedges- veggies
Rice Krispies treat
Fruit
Milk
17.

Hamburger
Lettuce/Tomato
French Fries
Fruit
Milk
24.

Chicken quesadillas
Green beans- carrots
Fruit
Milk
31.

No School
4.

Chicken Nuggets
Corn
Carrots
Cookies- Fruit
Milk
11.

Doritos Nachos Supreme
Corn- Pinto beans
Muffin
Fruit
Milk
18.

Chicken Bites
Pinto beans- Corn
Cookies
Fruit
Milk
25.

No School
5.

Cheeseburger
Potato Wedges
Lettuce- Tomato
Fruit
Milk
12.

Corn- Dogs
French Fries
Juicy Juice
Fruit
Milk
19.

Spaghetti with meat sauce
Broccoli-Carrots
Garlic Toast
Fruit
Milk
26.

No School
6.

Beef Fingers
Mashed Potatoes - Peas
Muffin
Fruit
Milk
13.

Chicken Mandarin
Oriental Noodles
Broccoli-Dragon Juice
Fruit
Milk
20.

Chicken drumstick
Curly fries-Dragon Juice
Cheetos
Fruit
Milk
27.

No School
7.

Hot-Dogs
Curly fries
Pinto Beans
Fruit
Milk
14.

Home-Style Pizza
Italian Salad
Baby Carrots
Fruit
Milk
21.

Pizza pocket
jitama -Cucumber
Fruit
Milk
28.

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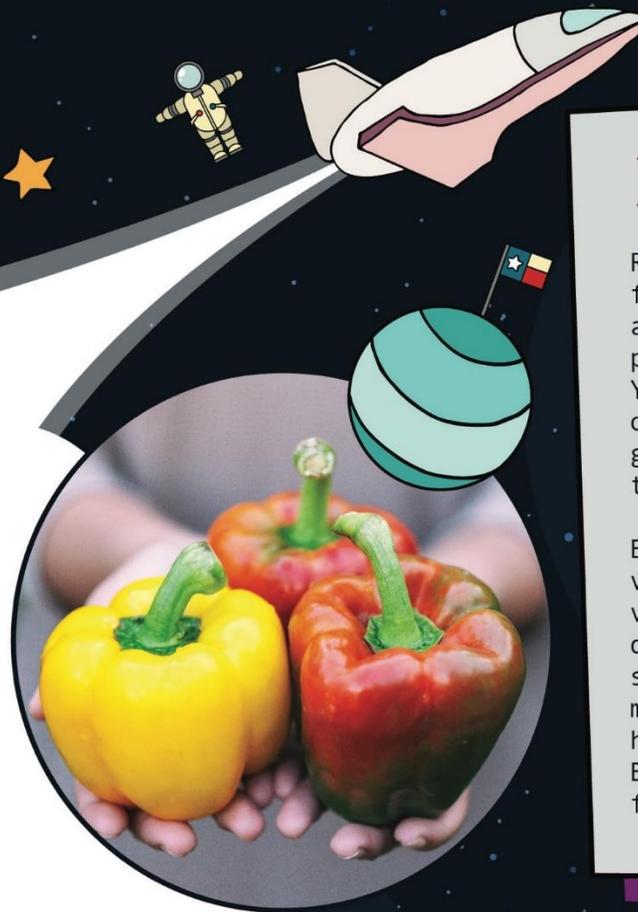
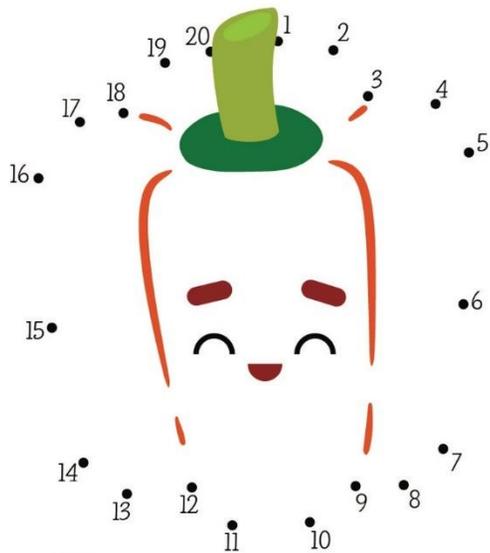


Updated 01/2020
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PLATENARY PEPPERS

Our solar system has eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. The largest planet is Jupiter and the smallest planet is Mercury. There are five official dwarf planets in our solar system: Ceres, Pluto, Haumea, Makemake, and Eris. More dwarf planets are waiting for official classification, and up to 10,000 dwarf planets may exist in our solar system.

CONNECT THE DOTS



DID YOU KNOW?

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become.

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium. Vitamin C helps your body heal from falls and scrapes and vitamin B6 supports normal nervous system function and brain development.



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