### **BURNHAMWOOD CHARTER SCHOOL-LUNCH**





Chili Beans Bowl **Carrots Corn Corn Bread** 

> Fruit Milk

Popcorn chicken Mashed potatoes Macaroni and cheese Fruit Milk

**Hot Dogs Curly fries Pinto Beans** Fruit Milk

3.

Chicken Mandarin **Oriental Noodles Broccoli** Fruit Milk

11.

Labor day

Meatloaf Mashed potatoes-Dinner roll Mixed veggies Fruit 8.

Milk

Cheese sticks Marinara sauce **Peas** Fruit

9. Milk

Chicken Sandwich Lettuce/Tomato **Curly Fries** Fruit 10. Milk

**Home Style Pizza** Fresh Broccoli **Cucumber Sticks** Fruit Milk

Chicken Nuggets Corn on the cob -Carrots Rice Krispies treat Fruit

14. Milk

Spaghetti with meat sauce **Broccoli-mixed veggies Bread Stick** Fruit 15.

Milk

**Chicken Bites** 

Mashed Potatoes- Green

beans Muffin 16. Fruit

Chicken drumstick

Picadillo Flour tortilla Beans-Rice Fruit 17. Milk

Home-Style Pizza **Italian Salad Baby Carrots** Fruit 18. Milk

Cheeseburger Lettuce/Tomato **French Fries** Fruit 21. Milk

Mashed potatoes-peas Cookies Fruit 22. Milk

**Beef Tacos** Lettuce-Tomato-Beans Cookies Fruit 23.

Milk

Sweet and sour Chicken Fried rice **Broccoli-Carrots** Fruit Milk

Home-Style Pizza **Italian Salad Baby Carrots** Fruit 25. Milk

**Doritos Nachos Supreme Corn-Pinto beans** Muffin Fruit 28. Milk

Cheese sticks Marinara sauce Mixed veggies Fruit 29. Milk

Corn-Dogs **French Fries** Juicy Juice Fruit

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30.

TEXAS DEPARTMENT OF AGRICULTURE **COMMISSIONER SID MILLER** 

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Food and Nutrition Division National School Lunch Program and School Breakfast Program



# MARTIAN MELONS



Mars is the fourth planet from the sun and it gets its name from a mythological figure - the Roman god of war. Mars is sometimes called the Red Planet because of the brownish-red color of its surface. Of all the planets in our solar system (besides Earth), Mars is one of the planets most likely to support life. New space missions are planned for the next decade to increase our understanding of Mars. The science and technology developed through Mars exploration may someday allow humans to visit the Red Planet.

## COLOR BY NUMBERS

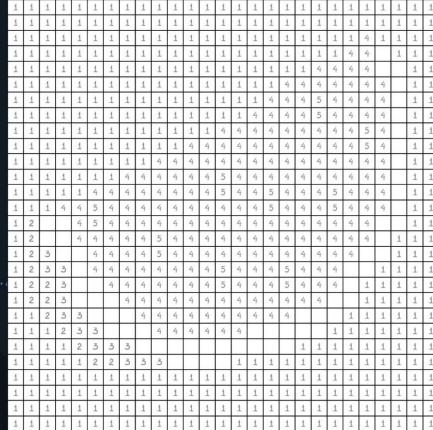


# DID YOU KNOW?

Watermelon has a smooth hard rind, usually green with dark green stripes or yellow spots. It also has a juicy, sweet inside that is deep red to pink, but sometimes orange, yellow, or white. The first recorded watermelon harvest occurred nearly 5,000 years ago in Egypt and watermelons are now grown in 96 countries worldwide.

Watermelons are mostly water — about 92% — and are a very good source of vitamin A and vitamin C. Vitamin C supports maintenance of collagen, protects against infection and helps in iron absorption. Watermelons also contain a high level of lycopene, which helps to protect against heart disease and cancer.









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