



NOVEMBER

2020

BURNHAMWOOD CHARTER SCHOOL - LUNCH



m Chicken Tenders Mashed potatoes Macaroni and cheese Fruit Milk 2.	t Home-Style Pizza Mixed Vegetables Baby Carrots Fruit Milk 3.	w Spaghetti w/ meat sauce Carrots-Garlic bread Green beans Fruit Milk 4.	th Chicken Sandwich Lettuce/Tomato Curly Fries Fruit Milk 5.	f Cheese sticks Marinara sauce Peas Fruit Milk 6.
Nachos Pinto beans Corn Fruit Milk 9.	Chicken Mandarin Oriental Noodles Broccoli Fruit Milk 10.	NO SCHOOL 11.	Sliced turkey w gravy Mashed Potatoes- Green beans Pumpkin pie Fruit 12.	Home Style Pizza Green salad Cucumber Sticks Fruit Milk 13.
NO SCHOOL 16.	NO SCHOOL 17.	NO SCHOOL 18.	NO SCHOOL 19.	NO SCHOOL 20.
NO SCHOOL 23.	NO SCHOOL 24.	NO SCHOOL 25.	NO SCHOOL 26.	NO SCHOOL 27.

Chicken Nuggets
Corn on the cob -Carrots
Rice krispies treat
 Fruit
 Milk
 30.

Special Announcements: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be available in languages other than English.

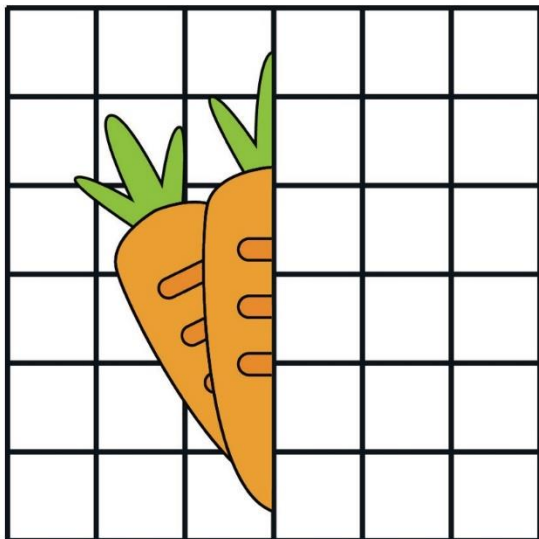




COMET CARROTS

Comets consist of ice and dirt. They are like dirty snowballs except they can reach sizes of about 6 miles across. When they are close to the sun, comets have tails that can be more than 100 million miles long. They circle the sun just like the Earth. The most famous comet is Halley's Comet. It has been observed for more than 2,000 years and its orbit makes it visible from the Earth every 76 years. It was named after the British astronomer Edmond Halley.

COMPLETE THE DRAWING



DID YOU KNOW?

Carrots are root vegetables like potatoes, turnips and beets. The orange root is a popular vegetable, but did you know you can eat the green leaves or carrot tops? Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants.

The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.

