



# DECEMBER

2020

BURNHAMWOOD CHARTER-  
LUNCH



<p>m</p>	<p>t</p> <p>Home-Style Pizza Mixed Vegetables Baby Carrots Fruit Milk 1.</p>	<p>w</p> <p>Spaghetti w/ meat sauce Carrots-Garlic bread Green beans Fruit Milk 2.</p>	<p>th</p> <p>Chicken Sandwich Lettuce/Tomato Curly Fries Fruit Milk 3.</p>	<p>f</p> <p>Cheese sticks Marinara sauce Peas Fruit Milk 4.</p>
<p>7.</p> <p>Nachos Supreme Pinto beans Corn Fruit Milk</p>	<p>8.</p> <p>Sweet and sour chicken Oriental Noodles Broccoli Fruit Milk</p>	<p>9.</p> <p>Corn dog French fries Mixed vegetables Fruit Milk</p>	<p>10.</p> <p>Ham sandwich Lettuce/Tomato Cheetos Fruit Milk</p>	<p>11.</p> <p>Boneless Chicken Fries-Carrots Muffin Fruit Milk</p>
<p>14.</p> <p>Chicken Tenders French Fries Macaroni and cheese Fruit Milk</p>	<p>15.</p> <p>Meatball marinara sub Green beans Baked chips Fruit Milk</p>	<p>16.</p> <p>Chicken Drumstick Mashed Potatoes Peas Fruit Milk</p>	<p>17.</p> <p>Beef Tacos Lettuce/ Tomato Pinto Beans Fruit Milk</p>	<p>18.</p> <p>Home Style Pizza Green salad Cucumber Sticks Fruit Milk</p>
<p>21.</p> <p>NO SCHOOL</p>	<p>22.</p> <p>NO SCHOOL</p>	<p>23.</p> <p>NO SCHOOL</p>	<p>24.</p> <p>NO SCHOOL</p>	<p>25.</p> <p>NO SCHOOL</p>
<p>28.</p> <p>NO SCHOOL</p>	<p>29.</p> <p>NO SCHOOL</p>	<p>30.</p> <p>NO SCHOOL</p>	<p>31.</p> <p>NO SCHOOL</p>	

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# GALAXY GREENS



The Milky Way is the galaxy which contains our solar system. The name “milky” comes from the Greek word galaxias and is used to describe our galaxy’s appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

## COMPLETE THE PATTERN



## DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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