

# OCTOBER 2023

## Burns High School Lunch Menu

Lunch – \$3.55-paid & 0¢-reduced ☐ Extra milk- .45 or juice – 45¢ , water \$1.00

Lunch includes: Entrée with fruits, vegetables, breads, grains and assorted Oregon Milk

**Food allergies need to be documented by a licensed doctor and a copy sent to the kitchen**

Menu is subject to change. Some items may contain nuts.

**All meals served to students are Grab n' Go**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
2	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Homemade Chicken Noodle Soup w/ Toasted Cheese Sand Salad w/ Cucumbers Fruit & Milk	3	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Ham & Cheese Hot Pocket Salad w/Broccoli & Carrots Apple & Milk	4	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Homemade Meat Spaghetti w/ TX Toast Green Beans Green Salad Peaches & Milk	5	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Homemade Chili w/ Cornbread Salad w/ Peppers Strawberries & Milk
9	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Hamburger French Fries Lettuce-Tomato-Pickle Oranges & Milk	10	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Nacho's w/ Beans & Cheese Seasoned Rice Salad w/ Tomato & Olives Pears & Milk	11	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Sweet & Sour Chicken w/ Noodles Egg Roll Salad w/ Chinese Noodles Apples & Milk	12	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Pizza Stix w/ Marinara sauce Salad w/ Cucumbers & Croutons Peaches & Milk
16	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken Nuggets Pasta Salad Carrots w/ Ranch Applesauce & Milk	17	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Hot Dogs w/ Chili & Cheese & Frito's Salad w/ Cucumbers Mixed Fruit & Milk	18	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Toasted Italian Meatball Sub Macaroni Salad- Celery w/ PB Apple & Milk	19	<b>Lunch</b> BBQ Pork Rib Sand Cole Slaw Spinach Salad w/ Homemade Croutons Oranges & Milk
23	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Crispy Chicken Burger Lettuce, Tomato, Pickle Baked Beans Apricots & Milk	24	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Crunchy Beef Taco's Lettuce, Tomato, Cheese Sour Cream & Salsa Seasoned Rice Oranges & Milk	25	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Orange Chicken w/ Veggie Fried Rice & Egg Roll Green Salad w/ Chinese Noodles Fruit & Milk	26	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Toasted Cheese Sand French Fries Salad w/ Broccoli Fruit & Milk
30	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Chicken & Cheese Quesadilla Seasoned Rice -Sweet Corn, Green Salad Fruit & Milk	31	<b>Lunch</b> <i>Sandwiches &amp; Salads daily</i> Pepperoni Pizza Salad w/ Tomatoes & Olives Pineapple & Milk			<b>RED RIBBON WEEK OF OCT 23RD</b>	

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