

OCTOBER 2022

Burns High School Lunch Menu

Lunch – \$3.00-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	
3	Lunch <i>Sandwiches & Salads daily</i> Beef Chili w/ Cornbread Salad w/ Zucchini Spears & Taco Hummus Oranges and Milk	4	Lunch <i>Sandwiches & Salads daily</i> Cheese Burger Baked Beans Salad w/ Tomato & Pickle Peaches & Blueberries, Milk	5	Lunch <i>Sandwiches & Salads daily</i> Meat Spaghetti w/ Tx Toast Seasoned Green Beans Salad w/ Peppers Pears, Milk	6	Lunch <i>Sandwiches & Salads daily</i> Pizza Salad w/ Tomato & Cucumbers & Sun seeds Pineapple & Milk
10	Lunch <i>Sandwiches & Salads daily</i> Corn Dogs French Fries Salad w/ Seasoned Dried Chick Peas Apples & Milk	11	Lunch <i>Sandwiches & Salads daily</i> Chicken Fajita's W/ Peppers & Onions Corn, Chips w/ Refried Beans Salad w/ Broccoli Mandarin Oranges & Milk	12	Lunch <i>Sandwiches & Salads daily</i> Turkey & Cheese & Veggie Wrap Carrots w/ Ranch dip Cut Apples w/ PB Milk	13	Lunch <i>Sandwiches & Salads daily</i> Pizza Stix w/ Marinara Spinach Salad w/Hard Boiled Egg Peaches , Milk
17	Lunch <i>Sandwiches & Salads daily</i> Chicken Strips w/ JoJo's Salad w/ Cauliflower Grapes, Milk	18	Lunch <i>Sandwiches & Salads daily</i> Bean & Cheese Burrito Corn Chips w/ Salsa Sweet Corn Applesauce & Milk	19	Lunch <i>Sandwiches & Salads daily</i> Meat Lasagna w/ Tx Toast Green Beans Salad w/ Cucumber Oranges, Milk	20	Lunch BBQ Pork Rib Sand Cole Slaw Baked Beans Banana, Milk
24	Lunch <i>Sandwiches & Salads daily</i> Crispy Chicken Burger French Fries Lettuce, Tomato, Pickle Apple & Milk	25	Lunch <i>Sandwiches & Salads daily</i> Bean Burrito Rice Bowl Salad w/ Peppers Mandarin Oranges & Milk	26	Lunch <i>Sandwiches & Salads daily</i> Italian Meat Sub w/ Cheese Salad w/ Broccoli Chips Fruit & Milk	27	Lunch <i>Sandwiches & Salads daily</i> BBQ Pork Rib Sand Lettuce, Tomato, Pickle Cole Slaw Fruit & Milk
31	Lunch <i>Sandwiches & Salads daily</i> Alfredo Noodles & Tx Toast Green Beans Salad w/ Mushrooms & Olives, Pears, Milk						

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