



Buckeye Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Mini Corn Dogs Tater Tots & Sliced Cucumbers w/ Dressing Mixed Fruit	Chili Cheese Fries with Vanilla Graham Snack Chats Steamed Green Beans Orange Slices	New Item!! Whole Grain Tortilla, Egg & Cheese Taco! Cowboy Corn & Carrot Sticks Raisins or Fresh Apple	Breakfast Pizza Hash Brown or Celery Sticks Sliced Peaches	Salisbury Steak w/Gravy & Roll Mashed Potatoes w/Gravy Side Salad w/Cucumbers & Grape Tomatoes & Garbanzo Croutons Fresh Cantaloupe
8	9	10	11	12
Hot Ham & Cheese on a Bun w/Baked Chips Potato Salad & Carrot Sticks Peach Cup	Cheeseburger on a Bun Baked Beans Blushing Pears	Taco Salad w/Beef Taco Meat, Shredded Lettuce, Shredded Cheese & Salsa Refried Beans Fresh Strawberries	Breakfast for Lunch! Mini Turkey Pancake Wraps w/Syrup Hash Brown & Carrot Sticks Raisins	Chicken Nuggets w/Dipping Sauce & Pretzel Side Salad Fresh Slice Honeydew
15	16	17	18	19
Oven Baked Chicken Leg w/Roll Mashed Potatoes & Cole Slaw Mixed Fruit	Hot Dog on a Bun Baked Beans & Baby Carrots Applesauce	Pepperoni Ripper Steamed Green Beans & Celery Sticks Raisins	Thanksgiving Feast! Oven Baked Turkey Gravy Over Mashed Potatoes Stuffing Dried Cranberry Every lunch comes with a Turkey Cookie!	French Toast Sticks w/Sausage Hash Brown & Side Salad w/Grape Tomatoes & Cucumbers & Dressing Hot Cinnamon Apples Milk Choice
22	23	24	25	26
New Item! Under the Sea Lunch! Starfish and Fish Shaped Fish Sticks "Wave" French Fries "Sea Foam" Fruit Jell-O w/Whipped Cream	Sloppy Joe on a Bun Baked Beans & Potato Salad Mixed Fruit	No School Thanksgiving Break		No School Thanksgiving Break

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
Cheeseburger on a Bun Baked Beans & Celery Sticks Blueberries & Cream	Grandma's Meatloaf Mashed Potatoes w/Gravy Fresh Baked Roll Warm Cinnamon Apples	Pepperoni Pizza Steamed Broccoli & Side Salad Raisins	Mini Ravioli w/Marinara & Garlic Bread Steamed Corn & Cucumber & Tomatoes w/Italian Dressing Banana	Chicken Tenders w/BBQ Sauce & Fresh Baked Cornbread Tater Tots & Carrot Sticks Pears

This Month's alternate menus:
Monday: PBJ Sandwich
Tuesday: Yogurt Parfait
Wednesday: Chef Salad
Thursday: Turkey & Cheese Wrap
Friday: Bucks Fun Lunch: Turkey Stick, Cheese
Stick, Chocolate Chip Granola Bites, Fruit/Veggie
& Scooby Doo Snack

Cranberries, The Unsung Super Fruit Heroes!



There is a reason Buckeye Food Service serves dried cranberries to our students. It's not just because they are great tasting. They are also good for you! I know...I just ruined it for you! But parents, let's keep this between us!

Cranberries are considered a super food. Even though they are made up of 90% water, these small fruits pack a big punch and help knock out urinary tract infections, some forms of cancer, improve immune function, decrease blood pressure, maintain heart health, relaxes muscle cramps (hint for our athletes out there), fortifies bones, treats constipation, helps cure anemia, aids with growth and metabolism and is an antioxidant! They are high in polyphenols and vitamins C & E and help with skin repair.

Whether you eat them dried, in a sauce or drink them in a juice, it doesn't matter. Be careful if you try to eat a fresh one. They tend to be a bit tart!

