





**Buckeye High School**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>All meals are free this year! If you wish a fee waiver, however you MUST fill out a free/reduced application. They can be found on the website or from any secretary.</b></p>	<p><i>We apologize for the menu changes. We are having difficulty getting certain products in. Thank you for your understanding and support of our food service program!</i></p>			<p style="text-align: right;">1</p> <p>Honey Sriracha Boneless Chicken Wings &amp; Rice, Big Daddy's Pepperoni Pizza or Crazy Bread with Marinara            Steamed Broccoli &amp; Celery Sticks            Fresh Apple</p>
<p style="text-align: right;">4</p> <p>Nacho Bar!            Taco Meat or Fajita            Chicken w/Queso or Cheddar Cheese Sauce, Refried Beans, Shredded Lettuce, Salsa, Sour Cream &amp; Tortilla Chips, French Bread Pizza or PBJ Uncrustable            Hot Cinnamon Apples</p>	<p style="text-align: right;">5</p> <p>Hot Italian Stromboli, Cheese Pizza or Turkey Wrap            Steamed Corn &amp; Baby Carrots            Fruit Choice</p>	<p style="text-align: right;">6</p> <p>Sampling Day!            Come to the cafeteria and get your free sample of these new breakfast items!            Breakfast Scramble w/Pancake Bites or Big Daddy's Pepperoni Pizza or Popcorn Chicken Salad            Home Fries            Hot Cinnamon Apples</p>	<p style="text-align: right;">7</p> <p>Chicken Tender Basket w/Chicken Tenders, Fries &amp; Roll, Bosco Sticks w/Marinara or Chef Salad            Cucumber Slices            Watermelon</p>	<p style="text-align: right;">8</p> <p>No School Today            Teacher In-Service Day</p>
<p style="text-align: right;">11</p> <p>Salisbury Steak w/Roll, Big Daddy's Cheese Pizza or PBJ Uncrustable            Mashed Potatoes w/Gravy &amp; Celery Sticks            Apple or Raisins</p>	<p style="text-align: right;">12</p> <p>Hot Dog w/Chili, Personal Pizza or Ham &amp; Cheese on a Bun            Baked Beans &amp; Cole Slaw            Applesauce</p>	<p style="text-align: right;">13</p> <p>Mashed Potato Bowl w/Popcorn chicken, Mashed Potatoes, Gravy, Corn, Chicken Gravy &amp; Cheddar Cheese, French Bread Pizza or Italian Sub            Side Kicks Slushy</p>	<p style="text-align: right;">14</p> <p>Pepperoni Rippers, Big Daddy's Veggie Pizza or Chef Salad            Steamed Corn &amp; Fresh Broccoli            Grapes</p>	<p style="text-align: right;">15</p> <p>Tangerine Chicken w/Rice or, Italian Stromboli or Popcorn Chicken Wrap            Steamed Broccoli &amp; Baby Carrots            Fruit Juice &amp; Fresh Fruit</p>

Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
Macaroni Bar w/Choice of Popcorn Chicken or Chili on top of Macaroni and Cheese, PBJ Uncrustable or Big Daddy's Sausage Pizza Steamed Broccoli & Baby Carrots Fresh Apple	Big Fish Sandwich w/American Cheese & Tartar Sauce, Big Daddy's Pepperoni Pizza or Turkey Wrap Steamed Peas or Side Salad Side Kicks Slushy	Breakfast for Lunch! Cinnamon Glazed French Toast w/Sausage Patty, Personal Pizza or Grilled Chicken Salad w/Annie's Bunny Grahams Hash Brown & Celery Sticks Peaches	Lasagna Roll Up w/Marinara & Garlic Bread, Bosco Sticks w/Marinara or Chef Salad Steamed Corn & Cucumber & Tomatoes w/Italian Dressing Applesauce	BBQ Rib Patty on a Bun, Crazy Bread w/Marinara or Ham & Cheese on a Bun Baked Beans & Cole Slaw Sliced Apples w/Caramel Sauce
25	26	27	28	29
Bosco Sticks w/Marinara, Italian Stromboli w/Marinara or PBJ Uncrustable Refried Beans & Baby Carrots Side Kicks Slushy	Chicken Parmesan Sandwich on a Bun, Big Daddy's Cheese Pizza or Turkey w/Cheese, Lettuce & Tomato on Wheat Berry Bread Steamed Green Beans & Celery Sticks Diced Pears	Meatball Sub w/Marinara & Mozzarella Cheese, Buffalo Chicken Pizza or Popcorn Chicken Salad Baked Beans or Celery Sticks Strawberry Cup	Cheeseburger, Big Daddy's Meat Lovers Pizza, Chef Salad w/Roll Oven Baked Fries & Cold Vegetable Medley Banana	Hot Ham & Cheese on a Bun w/Baked Chips, French Bread Pizza or Italian Sub Steamed Green Beans or Potato Salad EEK Side Kick Slushy

This facility is an equal opportunity provider. Meals subject to change due to availability. Choice of 1% Chocolate or White Milk Daily.


Pumpkin Health Facts





Vitamins




Vitamin A, E, C, K, B6  
Thiamin  
Riboflavin  
Niacin  
Folate  
Pantothenic acid  
Choline

Minerals

Calcium  
Iron, Zinc  
Magnesium  
Phosphorous  
Potassium  
Copper  
Selenium  
Manganese



- ▶ Promotes weight loss 
- ▶ Beautifies skin 
- ▶ Benefits diabetics 
- ▶ Improves eye health 

- ▶ Immunity booster 
- ▶ Protects your heart 
- ▶ Prevents cancer 

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**Did you know pumpkins are good for more than carving and pumpkin pie? They contain lots of vitamins and minerals! As we move into "Cold and Flu" season, think about adding some pumpkin to your meals.**

**Pumpkin Muffins, Pumpkin Bread, Pumpkin Cookies...they all taste great and you can skip the grocery store pumpkin filling and make your own! Small pumpkins work best. Just do the following: Preheat your oven to 350 degrees. Cut small pumpkin/squash in half and with a spoon; take out the seeds and stringy bits. Place each half into a baking dish cut side up and then add some water (about ¼ inch in the pan). You can add 1 TBSP of butter and brown sugar. Cover with foil and bake for 1-2 hours depending on size. The inside should be nice and soft. You can then separate the skin easily. You can eat it just like that, or you can put it in a food processor and puree it and use it in a favorite recipe. Save the seeds for roasting! Pumpkin Soup in the cold weather is wonderful!**