




Buckeye Junior High School



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Oven Baked Chicken Leg w/Roll or PBJ Sandwich Mashed Potatoes & Cole Slaw Mixed Fruit Milk Choice</p>	<p>2</p> <p>Breakfast Pizza or Turkey Cheese Wrap Hash Brown & Side Salad w/Grape Tomatoes & Cucumbers & Dressing Peaches Milk Choice</p>	<p>3</p> <p>Pepperoni Ripper or Italian Sub Steamed Green Beans & Celery Sticks Diced Pears Milk Choice</p>	<p>4</p> <p>Open Faced Roast Beef on Texas Toast or Grilled Chicken Salad w/Roll Mashed Potatoes w/Gravy & Carrot Sticks Cinnamon Applesauce Milk Choice</p>	<p>5</p> <p>Teriyaki Chicken Noodle Bowl w/Fortune Cookie or Ham & Cheese on a Bun Steamed Broccoli & Cucumber & Tomatoes w/Italian Dressing Applesauce Cup Milk Choice</p>
<p>8</p> <p>Belgium Waffle Bar w/Blueberries, Syrup & Whipped Cream or French Bread Pizza Hash Brown & Cucumbers Applesauce Milk Choice</p>	<p>9</p> <p>Sloppy Joe on a Bun or Lunchmeat Wrap Steamed Corn & Fresh Carrots w/Ranch Peaches</p>	<p>10</p> <p>Buckeye Burger w/Bacon, Cheese & BBQ Sauce, or Chef Salad Onion Rings & Broccoli Salad Fresh Watermelon Slices</p>	<p>11</p> <p>Doritos Extreme Walking Taco w/Salsa & Shredded Cheese or Italian Sub Refried Beans & Carrot Sticks Strawberries</p>	<p>12</p> <p>Boneless Chicken Wings w/Dipping Sauces – Try our new Buck's Sauce! Or Chicken Caesar Wrap Stuffed Potato Skins w/Cheese & Bacon & Fresh Vegetables Orange Slices</p>
<p>15</p> <p>Hot Italian Sub w/Shredded Lettuce, Banana Peppers & Italian Dressing w/Chips or Chicken Salad on Croissant Steamed Green Beans & Carrot Sticks Sliced Peaches</p>	<p>16</p> <p>Stromboli w/Marinara or Turkey Wrap Steamed Corn & Baby Carrots Fruit Choice</p>	<p>17</p> <p>Thanksgiving Feast! Oven Baked Turkey Gravy over Mashed Potatoes or Ham & Cheese on a Bun Candied Sweet Potatoes Stuffing Cranberry Fluff Every Meal Gets a Turkey Cookie!</p>	<p>18</p> <p>Chicken Tender Basket w/Chicken Tenders, Fries & Roll or Chef Salad Cucumber Slices Raisins</p>	<p>19</p> <p>Regular or Spicy Chicken Patty on a Bun or Pizza Choice Baked Beans & Tater Tots Blushing Pears</p>

<p style="text-align: right;">22</p> <p>Salisbury Steak w/Fresh Baked Roll or Yogurt Parfait w/Granola Mashed Potatoes w/Gravy & Celery Sticks Apple or Raisins</p>	<p style="text-align: right;">23</p> <p>Hot Dog w/Chili or Ham & Cheese on a Bun Baked Beans & Cucumbers & Tomatoes w/Italian Dressing Applesauce</p>	<p style="text-align: right;">24</p> <p>No School Today Thanksgiving Break</p>	<p style="text-align: right;">25</p> 	<p style="text-align: right;">26</p> <p>No School Today Thanksgiving Break</p>
<p style="text-align: right;">29</p> <p>Big Fish Sandwich w/American Cheese & Tartar Sauce, Big Daddy's Pepperoni Pizza or Turkey Wrap Steamed Peas or Side Salad Side Kicks Slushy</p>	<p style="text-align: right;">30</p> <p>Macaroni Bar! Macaroni w/Choice of BBQ Pulled Pork or Vegetarian Chili Toppings, Steamed Broccoli Fresh Apple Milk Choice</p>	<p style="text-align: right;">1</p> <p>Grandma's Meatloaf Mashed Potatoes w/Gravy Fresh Baked Roll or Chef Salad w/Roll Dried Apple Slices</p>	<p style="text-align: right;">2</p> <p>Breakfast for Lunch! French Toast w/Sausage Patty or Grilled Chicken Salad w/Annie's Bunny Grahams Hash Brown & Carrot Sticks Peaches</p>	<p style="text-align: right;">3</p> <p>Cheese Ravioli w/Marinara & Garlic Bread or Italian Sub Steamed Corn & Cucumber & Tomatoes w/Italian Dressing Applesauce</p>

This facility is an equal opportunity provider. Meals subject to change due to availability. Chocolate or white milk available daily.

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!

