



Buckeye Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>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.</i></p>	<p>This Month's Alternate Meals: Every Day: PBJ Uncrustable Grab & Go Cold Lunch Monday – PBJ Lunch Tuesday – Turkey Wrap Wednesday – Popcorn Chicken Salad Thursday – Ham & Cheese on a Bun Grab & Go Lunch Friday – Pretzel & Cheese Fun Lunch w/ Fruit & Vegetable</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>1 Cheese Pizza Steamed Green Beans Watermelon Milk Choice</p>
<p>4 Mini Corn Dogs Steamed Green Beans & Baby Carrots Applesauce</p>	<p>5 Spaghetti w/Marinara & Meatballs w/Breadstick Steamed Corn Orange Slices</p>	<p>6 Chicken & Waffles w/Syrup for Dipping Hummus w/Carrots Dried Apples</p>	<p>7 Salisbury Steak w/Gravy & Roll Mashed Potatoes Peas & Carrots & Celery Sticks Mixed Fruit</p>	<p>8 No School Today Teacher In-Service Day</p>
<p>11 Hot Ham & Cheese on a Bun w/Baked Chips Potato Salad & Baby Carrots Orange Slices</p>	<p>12 Cheeseburger on a Bun Baked Beans & Celery Sticks Rosy Applesauce</p>	<p>13 Taco Salad w/Beef Taco Meat, Shredded Lettuce, Shredded Cheese & Salsa Refried Beans Mixed Fruit</p>	<p>14 Mini Turkey Pancake Wraps w/Syrup Home Fries & Cucumbers Grapes</p>	<p>15 Chicken Nuggets w/Dipping Sauce & Whole Grain Treat Steamed Corn Fresh Sliced Watermelon</p>
<p>18 Oven Baked Chicken Leg w/Roll Mashed Potatoes & Cole Slaw Mixed Fruit</p>	<p>19 Hot Dog on a Bun Baked Beans & Baby Carrots Applesauce</p>	<p>20 Pepperoni Ripper Steamed Green Beans & Celery Sticks Apple Slices</p>	<p>21 Monte Cristo Sandwich (French Toast w/Ham & Cheese & Syrup) Hash Brown & Side Salad w/Grape Tomatoes & Cucumbers & Dressing Hot Cinnamon Apples Milk Choice</p>	<p>22 Tangerine Chicken w/Rice Steamed Broccoli Orange Slices</p>

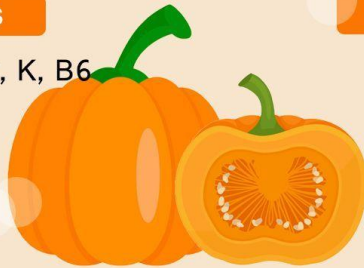
Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
Bosco Sticks w/Marinara Peas & Carrots & Baby Carrots Raisins	Sloppy Joe on a Bun Baked Beans & Potato Salad Mixed Fruit	Scrambled Eggs w/Cinnamon Glazed Pancakes Hash Brown Fresh Grapes	Macaroni & Cheese w/Roll Steamed Green Beans & Side Salad Fresh Strawberries	Personal Pizza Steamed Corn & Fresh Broccoli w/Ranch Dressing EEK Side Kicks Slushy

This facility is an equal opportunity provider. Meals subject to change due to availability.

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!