





Buckeye Junior High 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><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 Honey Sriracha Boneless Chicken Wings Rice or Crazy Bread with Marinara Steamed Broccoli &amp; Celery Sticks Fresh Apple</p>
<p>4 Taco Bar! Come Get Your Free Samples!! Taco Meat or Fajita Chicken w/Queso or Cheddar Cheese Sauce, Refried Beans, Shredded Lettuce, Salsa, Sour Cream &amp; Tortilla Chips or PBJ Uncrustable Hot Cinnamon Apples</p>	<p>5 Hot Italian Stromboli or Turkey Wrap Steamed Corn &amp; Baby Carrots Fruit Choice</p>	<p>6 Spaghetti w/Marinara &amp; Meatballs w/Breadstick or Italian Sub Steamed Green Beans &amp; Side Salad Mixed Fruit Cup</p>	<p>7 Chicken Tenders &amp; Roll or Chef Salad Mashed Potatoes w/Chicken Gravy Cucumber Slices Watermelon</p>	<p>8 No School Today Teacher In-Service Day</p>
<p>11 Salisbury Steak w/Roll or PBJ Uncrustable Mashed Potatoes w/Gravy &amp; Celery Sticks Apple or Raisins</p>	<p>12 Hot Dog w/Chili or Ham &amp; Cheese on a Bun Baked Beans &amp; Cole Slaw Applesauce</p>	<p>13 Mashed Potato Bowl w/Popcorn chicken, Mashed Potatoes, Gravy, Corn, Chicken Gravy &amp; Cheddar Cheese or Italian Sub Cold Vegetable Medley Side Kicks Slushy</p>	<p>14 Pepperoni Rippers or Chef Salad Steamed Corn &amp; Fresh Broccoli Grapes</p>	<p>15 Tangerine Chicken w/Rice 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 or PBJ Uncrustable Steamed Broccoli & Baby Carrots Fresh Apple	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 or Grilled Chicken Salad w/Annie's Bunny Grahams Hash Brown & Celery Sticks Peaches	Lasagna Roll Up w/Marinara & Garlic Bread or Bosco Sticks w/Marinara Steamed Corn & Cucumber & Tomatoes w/Italian Dressing Applesauce	BBQ Rib Patty on a Bun or Crazy Bread w/Marinara Baked Beans & Cole Slaw Sliced Apples w/Caramel Sauce
25	26	27	28	29
Bosco Sticks w/Marinara or PBJ Uncrustable Refried Beans & Baby Carrots Side Kicks Slushy Milk Choice	Chicken Parmesan Sandwich on a Bun or Turkey w/Cheese, Lettuce & Tomato Sandwich Steamed Green Beans & Celery Sticks Diced Pears Milk Choice	Meatball Sub w/Marinara & Mozzarella Cheese or Ham & Cheese Sandwich Baked Beans or Celery Sticks Strawberry Cup Milk Choice	Cheeseburger or Chef Salad w/Roll Oven Baked Fries & Cold Vegetable Medley Banana Milk Choice	Hot Ham & Cheese on a Bun w/Baked Chips or French Bread Pizza Steamed Green Beans or Potato Salad EEK Side Kick Slushy Milk Choice

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



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- ▶ Promotes weight loss
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- ▶ Improves eye health

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- ▶ 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!**