

OCTOBER

2018



I'm
**DOCTOR
BROCK**

**GOOD
EATS AT**

M

T

W

TH

F

Breakfast Pizza
Or
Cereal & Toast
Fruit & Juice
Milk

1

French Toast Sticks
Or
Cereal & Toast
Fruit & Juice
Milk

2

Muffins
Or
Cereal & Toast
Fruit & Juice
Milk

3

Breakfast Burrito
Or
Cereal & Toast
Fruit & Juice
Milk

4

Pancakes
Or
Cereal & Toast
Fruit & Juice
Milk

5

**NATIONAL
SCHOOL
LUNCH WEEK
OCTOBER 8-12**
SquareMeals.org/nshw

Pancake Stick
Or
Cereal & Toast
Fruit & Juice
Milk

8

Sausage & Biscuit
Or
Cereal & Toast
Fruit & Juice
Milk

9

Oatmeal & Toast
Or
Cereal & Toast
Fruit & Juice
Milk

10

Breakfast Burrito
Or
Cereal & Toast
Fruit & Juice
Milk

11

Sausage Roll
Or
Cereal & Toast
Fruit & Juice
Milk

12

**SPECIAL
ANNOUNCEMENTS**

Breakfast Pizza
Or
Cereal & Toast
Fruit & Juice
Milk

15

French Toast Sticks
Or
Cereal & Toast
Fruit & Juice
Milk

16

Muffins
Or
Cereal & Toast
Fruit & Juice
Milk

17

Breakfast Burrito
Or
Cereal & Toast
Fruit & Juice
Milk

18

Pancakes
Or
Cereal & Toast
Fruit & Juice
Milk

19

Pancake Stick
Or
Cereal & Toast
Fruit & Juice
Milk

22

Sausage & Biscuit
Or
Cereal & Toast
Fruit & Juice
Milk

23

Oatmeal & Toast
Or
Cereal & Toast
Fruit & Juice
Milk

24

Breakfast Burrito
Or
Cereal & Toast
Fruit & Juice
Milk

25

Sausage Roll
Or
Cereal & Toast
Fruit & Juice
Milk

26

Breakfast Pizza
Or
Cereal & Toast
Fruit & Juice
Milk

29

French Toast Sticks
Or
Cereal & Toast
Fruit & Juice
Milk

30

Muffins
Or
Cereal & Toast
Fruit & Juice
Milk

31

**NATIONAL
FARM TO SCHOOL
MONTH**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.

OCTOBER

2018



I'm
**DOCTOR
BROCK**

**GOOD
EATS AT**

M

T

W

TH

F

Chicken Strips
Rice w/ gravy
Peas & Carrots
Rolls (H/S)
Fruit & Milk **1**

Fajita Quesadillas
Mexican Corn
Garden Salad
Fruit
Milk **2**

Corndogs
Baked Beans
Sliced Carrots
Fruit
Milk **3**

Chicken Nuggets
Mashed Potatoes
Gravy
Green Beans
Rolls (H/S)
Fruit & Milk **4**

Cheeseburgers
Burger Salad
Sweet Potato Fries
Fruit
Milk **5**

**NATIONAL
SCHOOL
LUNCH WEEK
OCTOBER 8-12**
SquareMeals.org/nshw

Steakfingers
Rice w/gravy
Peas & Carrots
Rolls (H/S)
Fruit & Milk **8**

Fajita Wraps
Cheese & Salsa
Ranch Style Beans
Garden Salad
Fruit & Milk **9**

Stuffed Crust Pizza
Sliced Carrots
Corn
Fruit & Milk **10**

Chicken Spaghetti
Broccoli w/cheese
Garden Salad
Garlic Toast (H/S)
Fruit & Milk **11**

Sub-Sandwiches
Burger Salad
Tater Tots
Fruit
Milk **12**

**SPECIAL
ANNOUNCEMENTS**

Salisbury Steak
Mashed Potatoes
Gravy
Green Peas
Rolls (H/S)
Fruit & Milk **15**

Beef Vegetable Soup
Grilled Cheese
Fruit
Milk **16**

Corndogs
Baked Beans
Sliced Carrots
Fruit
Milk **17**

Chicken Nuggets
Mashed Potatoes
Gravy
Green Beans
Rolls (H/S)
Fruit & Milk **18**

Cheeseburgers
Burger Salad
Sweet Potato Fries
Fruit
Milk **19**

Chicken Strips
Rice w/ gravy
Peas & Carrots
Rolls (H/S)
Fruit & Milk **22**

Fajita Quesadillas
Mexican Corn
Garden Salad
Fruit
Milk **23**

Stuffed Crust Pizza
Sliced Carrots
Corn
Fruit & Milk **24**

Beef Spaghetti
Black-eyed-Peas
Sweet Potatoes
Cornbread
Fruit & Milk **25**

Sub-Sandwiches
Burger Salad
Tater Tots
Fruit
Milk **26**

Steakfingers
Rice w/gravy
Peas & Carrots
Rolls (H/S)
Fruit & Milk **29**

Fajita Wraps
Cheese & Salsa
Ranch Style Beans
Garden Salad
Fruit & Milk **30**

Corndogs
Baked Beans
Sliced Carrots
Fruit
Milk **31**

**NATIONAL
FARM TO SCHOOL
MONTH**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
This institution is an equal opportunity provider.



DOCTOR BROCK

Broccoli



Dr. Brock started out as a small seed planted on a cold winter's day in Healthyville. Not long after planting, a tiny meteorite from Comet Cruciferous created a hole in the garden and Dr. Brock's seed fell into the hole. Broccoli is from the cruciferous family of vegetables and the combination was strong. Even though the ground was cold and hard that day Dr. Brock bloomed into a powerful superhero. Dr. Brock found that her blooming green canopy was a powerful shield composed of vitamins like B6. The vitamin helps produce neurotransmitters which help nerve cells communicate and brains develop. Before spring came she grew an even broader head that she came to call the green shield.

FUN FACTS

- Did you know that the average American eats 4½ pounds of broccoli each year?
- Broccoli is also a cole crop, like cabbage. I guess that is why Professor Green and I get along so well.

BROCCOLI AND POTATO SOUP

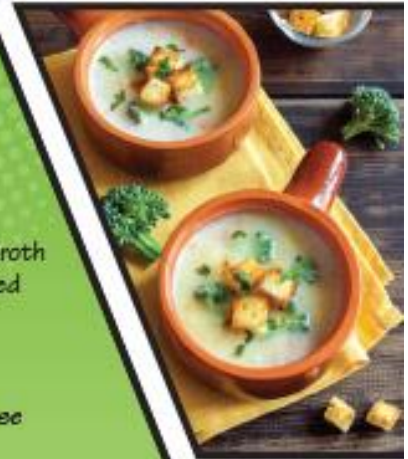
Ingredients:

- 1 T. Olive oil
- 1 Small onion, chopped
- 4 cups Low-sodium vegetable broth
- 1 cup Potatoes, peeled and diced
- 4 cups Broccoli, chopped
- 1 cup Nonfat milk
- Salt and pepper to taste
- ¼ cup Shredded cheddar cheese

Instructions:

1. Sauté the chopped onions with olive oil in a large sauce pan until soft.
2. Add the potatoes and broth to the pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer for about 15 minutes.
5. Add the chopped broccoli and continue to cook for 5 minutes or until the vegetables are soft.
6. Add the milk to the soup.
7. Cook, stirring constantly, until the soup thickens.
8. Season with salt and pepper.
9. Ladle into serving bowls.
10. Sprinkle with cheddar cheese.
11. Enjoy with a piece of crusty bread and a salad!

Sources: Texas A&M and AgLife Extension



DOCTOR BROCK'S FAVORITE ACTIVITIES

Soccer and Reading

GROW IT AT HOME!

Ask your parents if you can grow broccoli in your garden at home. It is great eaten raw or along with a tasty dip like hummus. A lot of people like it as a side dish when it has been roasted in the oven with a little olive oil and garlic.



POW!

ARCH ENEMY

Picky Eater

JOKE OF THE MONTH

Q: What is a superhero's favorite part of the joke?

A: The "punch" line!

