

OCTOBER 2018



I'm
DOCTOR BROCK

Day	Menu	Number
M	B: Pancakes (WG), Bacon, Fresh Fruit L: Popcorn Chicken (WG Coated) Corn on the Cob, Fruit Juice	1
T	B: Colby Jack Cheese Omelette, Turkey Sausage L: WG Breaded Shrimp House Salad, Fresh Apple	2
W	B: String Cheese, Turkey Sausage, Toast L: Meat Loaf, Mashed Potatoes, Mixed Veggies, Fruit Juice	3
TH	B: Cinnamon Toast, Turkey Sausage L: (WG) Corn Dog Baked Beans, Fresh Oranges	4
F	B: (WG) Bagel Cream Cheese Turkey Sausage L: Cheese Pizza (WG) House Salad, Tropical Fruit	5
	B: (WG) Cereal and String Cheese L: Pepperoni Pizza (WG) Carrots, Fruit Juice	12
	B: Grits Bowl w/ WG Toast L: Beef Camita Bowl w/ Rice, Black Beans w/ Mozzarella and Pineapples	18
	B: WG Cereal, Wg Toast L: Turkey Sausage, WG Cheese Pizza, Lemon Pepper Wings, Fruit Juice and Greek Salad	17
	B: European Yogurt and Toast L: Baked Chicken, Collard Greens, WG Mac and Cheese, Peach Cobbler	16
	B: WG Rolled Oats Turkey Sausage L: Sweet Potato Tots Hot Dog w/ WG Bun, Fresh Fruit Cup	8
	B: Hash Browns Ham Steak L: Arroz Con Pollo w, WG Rice, Red Beans, Fruit Juice	24
	B: WG Oatmeal and Boiled Eggs L: BLT on WG Bread, Fresh Sliced Apples, Cucumber Salad	23
	B: Cereal and Fruit L: WG Pasta with Mozzarella and Pasta Sauce, Corn and Banana	22
	B: Strawberry, Grapes, and Yogurt L: Beef Picadillo w. WG Rice, Corn, Orange Slices	25
	B: Breakfast Burrito L: Cheese Toast (WG), Tomato and Cucumber Salad/ Fresh Apples	31
	B: Breakfast Pizza and Fruit Juice L: Chicken Fried Rice, Roasted Edamame Salad, Fruit Sushi Roll	19
	B: WG Pancake w. FF Syrup and Turkey Sausage L: WG Pepperoni Pizza, Salad and Fruit Juice	26
	B: Cereal L: Taco (WG Shell) Chicken, WG Rice, Corn and Fruit Juice	30
	B: Apple Crisp String Cheese L: Beans and Beef Hot Dog Sliced WG Bread, Mandarin Oranges	29

NATIONAL SCHOOL LUNCH WEEK OCTOBER 15-19
SquareMeals.org/nslw

SPECIAL ANNOUNCEMENTS

During National School Lunch Week we are encouraging our Friends, Family and Community Leaders to come out to enjoy lunch during our International Food Days Event. More information will be sent home closer to the event dates. (October 15-19)

NATIONAL FARM TO SCHOOL MONTH

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.



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!

DOCTOR BROCK'S FAVORITE ACTIVITIES

Soccer and Reading

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. 1. 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

