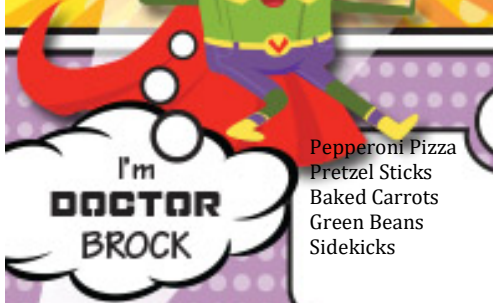


OCTOBER

2018



I'm
**DOCTOR
BROCK**

Pepperoni Pizza
Pretzel Sticks
Baked Carrots
Green Beans
Sidekicks

M

1

Chicken Quesadilla
Fish Sticks
Baked Broccoli
Assorted Fruit

T

2

Country Fried Steak
Chicken Tenders
Pepper Gravy
Black Eyed Peas
Assorted Fruit

W

3

Cheese Enchiladas/
Green Sauce
Nachos
Simmered Corn
Assorted Fruit

TH

4

Hamburgers
Corndogs
Baked Beans
Potato Wedges
Assorted Fruit

F

5

**GOOD
EATS AT**

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

Cheese Pizza
Hot Dog
Baked Carrots
Green beans
Sidekicks

8

Steak Fingers
Chicken Nuggets
Pepper Gravy
Mashed Potatoes
Assorted Fruit

9

Chicken Sandwich
Spaghetti
Corn
Assorted Fruit

10

Nachos
Crispitos
Baked Carrots
Assorted Fruit

11

Hamburgers
Chicken Sandwich
Potato Wedges
Baked Beans
Assorted Fruit

12

**SPECIAL
ANNOUNCEMENTS**

Pepperoni Pizza
Chicken Sandwich
Baked Broccoli
Sidekicks

15

BBQ Beef Sandwich
Corndogs
Three Bean Salad
Assorted Fruit

16

Chicken rings
Salisbury Steaks
Garden Salad
Assorted Fruit

17

Cheese Enchiladas
w/green sauce
Nachos
Baked Carrots
Assorted Fruit

18

Hamburgers
Hot Dogs
Sweet Potato Fries
Baked Beans
Assorted Fruit

19

Cheese Pizza
Corn Dogs
Baked Broccoli
Corn
Sidekicks

22

Chili without Beans
Chicken Tenders
Rice
Baked Carrots
Green Peas
Assorted Fruit

23

Orange Chicken
Beef Dippers
Fried rice
Green beans
Assorted Fruit

24

Quesadillas
Nachos
Refried Beans
Assorted Fruit

25

Hamburger
Corndogs
Baked Beans
Potato Wedges
Assorted Fruit

26

Pepperoni Pizza
Pizza Stick
Baked Carrots
Sidekicks

29

Beef Dippers
Chicken Egg Rolls
Fried Rice
Baked Broccoli
Corn
Assorted Fruit

30

Chicken Tenders
Spaghetti w/meat
sauce
Green Peas
Three Bean Salad
Assorted Fruit

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!

