

OCTOBER

2018



I'm
DOCTOR BROCK

GOOD EATS AT

**WELCOME TO HORNTES CAFÉ
ELEMENTARY
MENU ONLY**

SPECIAL ANNOUNCEMENTS

All menus are served with a Milk variety.

All students are served a well balance meal. Each student must pick up at least (3) of the (5) items offered to make a complete meal. We encourage to pick up all items offered.

Menus are subject to change due to availability.

OUT OF SCHOOL

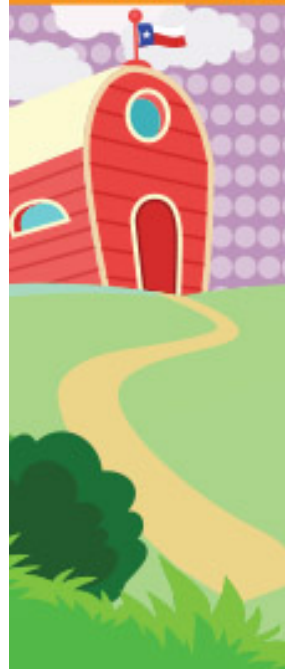
NATIONAL FARM TO SCHOOL MONTH

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
f t v i
This product was funded by USDA.
This institution is an equal opportunity provider.

M Ham n Cheese Sub Lettuce, Tomatoes, Pickles Chips Pork n Beans Applesauce Mustard, Mayo, Ketchup	T Beef Nachos w/ Cheese sauce Fiesta Beans Spanish Rice Mixed Fruit	W Salisbury Steak w/gravy Mashed Potatoes Sweet Peas WG Roll Peaches	TH Chicken Rings Sweet glazed Carrots Baked Beans WG Bread Pears	F Chicken Patty Sandwich Baked Tots Lettuce, tomatoes Fresh Fruit Cookies Mayo, Mustard, ketchup
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**NATIONAL SCHOOL LUNCH WEEK
OCTOBER 8-12
SquareMeals.org/nslw**

Meatball Sub Potato Smiles Veggie Dippers w/ranch Applesauce Ketchup	Beef Burrito's Refried Beans Spanish Rice Lettuce, Tomatoes Pineapples Salsa	Chicken Fried Steak Mashed Potatoes Sweet Carrots WG Roll Peaches	Popcorn Chicken Baked Fries Purple-hull Peas WG Bread Pears Ketchup, HM, BBQ	Pizza Sweet Corn Mixed Salad, Ranch Fresh Fruit Jello w/fruit
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BBQ Sliders Baked Beans Potato Salad Pickle Spears Mixed Fruit	Tamales Pinto Beans Mexican Corn Chips Pineapples	Chicken Spaghetti Green Beans Mixed Salad Garlic Toast Mandarin Oranges	Chicken Smackers Mashed Potatoes Green Peas WG Bread Peaches BBQ, HM	Steak Sandwich Baked Tots, Ketchup Lettuce, Tomatoes, Pickles Fresh Fruit, Cookies Mayo, Mustard
Corn Dogs Baked Fries Pork n Beans Mixed Fruit Mustard, ketchup	Taquito's w/ cheese sauce Refried Beans Spanish Rice Strawberry Applesauce	Meatloaf w/cheese Mashed Potatoes Sweet Corn WG Roll Baked Apples	Chicken Nuggets Baked Tots Green Beans WG Bread Peaches gravy	OUT OF SCHOOL
Hot Dogs Baked Fries Carrot Dippers w/ranch Peaches Ketchup, mayo, mustard	Taco Tuesday Pinto Beans Lettuce, tomatoes Salsa Pineapples	Steak Fingers, gravy Mashed Potatoes Green Beans WG Roll Pears		

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!

