

OCTOBER

2018



I'm
**DOCTOR
BROCK**

**GOOD
EATS AT**

Welcome!! Come and join us for Breakfast or Lunch at the Hornet Café!!!

**Pre-K
MENU
ONLY**

**SPECIAL
ANNOUNCEMENTS**

We offer complete nutritious meals to all our students.
@ **Breakfast:** We serve 1% White milk and 100% Juice, and Fruit to our students daily.
LUNCH: 1% White Milk is served only.

Menus may change due to shortages..

**OUT
Or
SCHOOL**

**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.

M

BRK: Pancakes 36g
LUNCH: Ham n Cheese 7
Sub 33 Chips 16
Pickles 3
Pork n Beans 22
Applesauce 21
Mustard, Mayo, Ketchup 1

T

BRK: Cereal 23
LUNCH: Beef Nachos 29
w/Cheese sauce 6
Fiesta Beans 23
Spanish Rice 25
Mixed Fruit 16 2

W

BRK: Biscuit 26 gravy 8
LUNCH: Salisbury Steak
6 w/gravy 7
Mashed Potatoes 15
Sweet Peas 17
Peaches 15 3

TH

BRK: Pizza 26
LUNCH: Chicken Rings
14
Sweet glazed Carrots 6
Baked Beans 27
WG Bread 15 4
Pears 14

F

BRK: Cereal 23
LUNCH: Chicken Patty
13 Bun 26 pickles3
Baked Tots16
Fresh Fruit 10
Cookies 18
Mayo 1, Mustard,
Ketchup 3 5

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

BRK: Cereal 23
LUNCH: Meatball 3
Sub26
Potato Smiles 25
Veggie Dippers w/ranch
Applesauce 21
Ketchup3 8

BRK: Tac n Go Omelet
15
LUNCH: Beef Burrito's
35 Salsa 3
Refried Beans8
Spanish Rice 12 9
Pineapples 12

BRK: Biscuit 26, gravy 7
LUNCH: Chicken Fried
Steak16
Mashed Potatoes 7
Sweet Carrots 1.5
Peaches 15 10

BRK: Muffin 30
LUNCH: Popcorn
Chicken13
Baked Fries8
Purple-hull Peas 7
WG Bread 14 11
Pears 12

BRK: Cereal 23
LUNCH: Pizza 26
Sweet Corn7
Mixed Salad,1.7 Ranch 1
Fresh Fruit
Jello 17 w/fruit 16 12

BRK: Cinnamon Roll 35
LUNCH: BBQ 9 Sliders 15
Baked Beans 7
Potato Salad 7
Pickle Spears 1
Mixed Fruit 7 15

BRK: Scrambled Eggs1
Toast 14
LUNCH: Tamales 20
Pinto Beans 7
Mexican Corn 4 16
Pineapples 12

BRK: Cereal 23
LUNCH: Chicken
Spaghetti 8
Green Beans 1
Mixed Salad 1.7
Mandarin Orange 21 17

BRK: Pizza 27
LUNCH:
Chicken Smackers 17
Mashed Potatoes 7
Green Peas 6
WG Bread 14 18
Peaches 13

BRK: Cereal 23
LUNCH: Steak 16
Sandwich 22
Baked Tots 7, Ketchup3
Lettuce, Tomatoes 1.7,
Pickles 1, Mayo 3, 19

BRK: Frudels
LUNCH:
Corn Dogs 27, Mustard1
Baked Fries 8, Ketchup 3
Pork n Beans 9
Mandarin Oranges 23 22

BRK: Yogurt
LUNCH:
Taqitos 24 cheese 6
Refried Beans 8
Spanish Rice 12
Strawberry
Applesauce27 23

BRK: Biscuit,26 gravy 7
Sausage Patty 1
LUNCH: Meatloaf
Mashed Potatoes Sweet
Corn WG Roll
Baked Apples 12 24

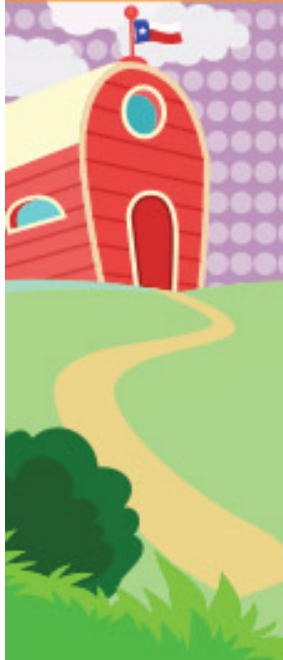
BRK: Honey Bun 22
LUNCH:
Chicken Nuggets 14
Mashed Potatoes 13
Green Beans 1
WG Bread 14 25
Peaches 13

26

BRK: French Toast 37
LUNCH: Hot Dogs 2/25
Baked Fries 8
Carrot Dippers 1
w/ranch 1
Peaches 15
Ketchup,2 mayo 3 29
mustard 1

BRK: Cereal 23
LUNCH: Taco Tuesday 9
Pinto Beans 7
Lettuce, tomato 1.7es
Salsa 3
Pineapples 12 30

BRK: Biscuit 26 Gravy 7
LUNCH: Steak Fingers,
17gravy 7
Mashed Potatoes 7
Green Beans 1
Pears 12 31



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 Agrilife 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!

