



OCTOBER

2018

I'm
DOCTOR BROCK

GOOD EATS AT

GLASSCOCK COUNTY ISD

BRING YOUR PARENT TO LUNCH DAY OCTOBER 17th

SPECIAL ANNOUNCEMENTS

MILK/JUICE OFFERED DAILY.

CHOICE AT BREAKFAST ENTRÉE, CEREAL/TOAST OR CEREAL BAR/YOGURT

MENU SUBJECT TO CHANGE.

ICE CREAM FRIDAYS. BRING \$1.00



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

PK STUDENTS DO NOT GET ITEMS MARKED ***

M

BREAKFAST PIZZA CEREAL/TOAST, FRUIT
Taquitos, Queso Beans, *** Corn, ***Salsa Fresh Fruit, Fruit Crisp **1**

PANCAKES, BACON CEREAL/TOAST, FRUIT
Steak Fingers, Gravy Mashed Potatoes, Carrot Coins, Strawberry Cup, *** Roll **8**

SAUSAGE KOLACHE YOGURT, FRUIT CEREAL/TOAST
Breaded Drumstick Carrots, Corn, Roll Fresh Grapes, ***Cookie PK- Animal Crackers **15**

PANCAKES, SAUSAGE CEREAL/TOAST, FRUIT
Ham and Cheese Croissant ***Baked Beans, ***Apple Pineapple D'Lite PK - Sliced Fruit **22**

WAFFLES, BACON FRUIT, CEREAL/TOAST
Meatloaf Mashed Potatoes ***Breaded Okra, Roll Strawberries **29**

T

CHICKEN-N-BISCUIT CEREAL BAR/YOGURT FRUIT
Chili Cheese Tots ***Veggie Cup/Ranch Mixed Fruit, Cornbread **21**

CHEESY TOAST, SAUSAGE CEREAL BAR/YOGURT FRUIT
French Bread Pizza ***Garden Salad/Ranch California Blend Veggies Fruit Cup, ***Pudding **9**

BREAKFAST TAQUITO FRUIT, CEREAL BAR/YOGURT
Crispy Tacos Fresh Veggie Cup/Ranch ***Beans, ***Salsa, Orange Smiles, ***Lettuce/Tomato **16**

BREAKFAST BURRITO HASHBROWNS, FRUIT CEREAL BAR/YOGURT
Nacho Grande, ***Salsa Bean, ***Tiny Tomato Cup w/Ranch, Cucumber Slices, Peaches, ***Lime Sherbet **23**

CHEESY TOAST, FRUIT SAUSAGE, CEREAL BAR/YOGURT
Meat & Cheese Chalupas Beans, ***Zesty Cucumbers Rosy Applesauce **30**

W

SCRAMBLED EGGS GRAVY, BACON BISCUIT CEREAL/TOAST, FRUIT
Chicken Nuggets, Mac & Cheese, Green Beans *** Garden Salad/Ranch Strawberries **3**

FRENCH TOAST, SAUSAGE CEREAL/TOAST, FRUIT
Boneless Chicken Wings Carrot & Celery Sticks w/Ranch, Orange Smiles *** Brownie **10**

WAFFLES, SAUSAGE FRUIT, CEREAL/TOAST
Lasagna Garden Salad w/Ranch ***Tuscan Vegetables Pears, ***Roll **17**

SCRAMBLED EGGS GRAVY, BISCUIT, BACON FRUIT, CEREAL/TOAST
Chicken Sandwich, Fries ***Veggie Cup w/Ranch Mandarin Oranges ***Lettuce/Tomato **24**

BREAKFAST PIZZA FRUIT, CEREAL/TOAST
Chicken Tenders, Gravy ***Sweet Potato Fries Green Beans, Mixed Fruit ***Roll, ***Rice Krispy Treat **31**

TH

SAUSAGE KOLACHE YOGURT, CEREAL BAR/YOGURT, FRUIT
Chicken Fajita in Edible Tostada Bowl, Corn, Beans ***Sp. Rice, **Tiny Tomato Cup/Ranch, Fruity Gelatin **4**

OATMEAL, CINNAMON TOAST, YOGURT, FRUIT CEREAL BAR/YOGURT
Chicken Quesadilla ***Corn, Beans, ***Salsa Fresh Fruit, ***Lettuce And Tomato Garnish **11**

BREAKFAST PIZZA CEREAL BAR/YOGURT FRUIT
Hamburger, Oven Fries Carrots, Snoball Salad *** Lettuce/Tomato/Pickle Garnish **18**

SAUSAGE KOLACHE YOGURT, FRUIT CEREAL BAR/YOGURT
Hamburger Steak Mashed Potatoes, Gravy Garden Salad w/Ranch Roll, Fruity Gelatin **25**

F

CINNAMON ROLL, FRUIT SAUSAGE, CEREAL/TOAST
Frito Pie, Cucumber Slices, **Carrots, Cinnamon Applesauce, ***Cookie PK - Animal Crackers **5**

BREAKFAST BURRITO HASHBROWN, FRUIT CEREAL/TOAST
Sloppy Joe Sandwich Broccoli Florets/Ranch Oven Fries, Peaches **12**

DONUT, SAUSAGE CEREAL/TOAST, FRUIT
Chicken Parmesan Green Beans, Pineapple **Garden Salad w/Ranch ***Breadsticks **19**

GRIDDLE SANDWICH FRUIT, CEREAL/TOAST
Pizza Choice Carrots, ***Broccoli Florets w/Ranch, Fresh Fruit ***Brownie PK - Animal Crackers **26**



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.

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!

