

# OCTOBER

2018



I'm  
**DOCTOR  
BROCK**

Pancakes with Bacon,  
WGR Cereal Variety  
With Toast,  
Muffin & Yogurt

**M**

1

Sunrise Sandwich,  
Donut,  
Breakfast Strudel  
with Cheese stick,  
Or PBJ

**T**

2

Monte Cristo Sandwich,  
WGR Cereal Variety  
With Toast,  
Muffin & Yogurt

**W**

3

Oatmeal with Cinnamon  
Toast,  
Dutch Waffle with  
Sausage,  
WGR Cereal Bar with  
Yogurt,  
PBJ

**TH**

4

No Classes  
For Students

**F**

5

**GOOD  
EATS AT**

Breakfast  
Secondary

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

Sausage Kolache,  
WGR Cereal Variety  
With Toast,  
Muffin & Yogurt

8

Cheese Omelet with  
Toast,  
Donut,  
Breakfast Strudel with  
Cheese stick,  
PBJ

9

Waffles and Sausage,  
Breakfast Fruit Parfait,  
WGR Cereal Variety  
With Toast,  
Muffin & Yogurt

10

Breakfast Pizza,  
Dutch Waffle with  
Sausage,  
WGR Cereal Bar with  
Yogurt,  
PBJ

11

Donut with Sausage,  
French Toast with  
Sausage,  
WGR Cereal Variety  
With Toast,  
Muffin & Yogurt

12

**SPECIAL  
ANNOUNCEMENTS**

No Classes  
For Students

15

Breakfast Burrito with  
Hash Browns,  
Glazed Donut with  
Sausage,  
Breakfast Strudel with  
Cheese stick,  
or PBJ

16

Scrambled Eggs, Bacon  
and Biscuit with Gravy,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

17

Sausage Kolache,  
Dutch Waffle with  
Sausage,  
WGR Cereal Bar with  
Yogurt, or PBJ

18

Morning Griddle  
Sandwich,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

19

Includes Fruit, 100% Fruit  
Juice, Milk Variety and  
Water

\* This Institution is an  
equal opportunity  
provider.

Waffles with Bacon,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

22

Cinnamon Roll with  
Sausage,  
Donut with Sausage,  
Breakfast Strudel with  
Cheese stick,  
or PBJ

23

Breakfast Pizza,  
Breakfast Fruit Parfait,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

24

Sausage, Egg and Cheese  
Sandwich, Dutch Waffle  
with Sausage,  
WGR Cereal Bar with  
Yogurt, or PBJ

25

Scrambled Eggs and  
Biscuit with Gravy, WGR  
Cereal Variety with  
Toast,  
Muffin & Yogurt

26

Sausage Biscuit,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

29

Breakfast Combo,  
Donut with Sausage,  
Breakfast Strudel  
with Cheese stick,

30

Chicken-N-Waffles,  
WGR Cereal Variety  
with Toast,  
Muffin & Yogurt

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

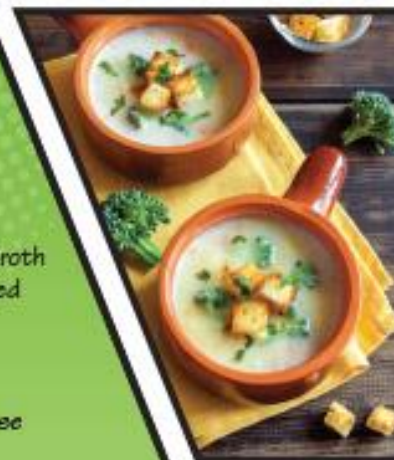
### Ingredients:

- 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!

