

# OCTOBER

2018



I'm  
**DOCTOR  
BROCK**

**GOOD  
EATS AT**

**GARY ISD  
Breakfast**

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

**SPECIAL  
ANNOUNCEMENTS**

**OFFERED DAILY:** Special Morning Entree, Sausage & Biscuit, OR Gab & Go Breakfast Choices (Choice of 2: Graham Cracker AND/OR a variety of cereal) including a fresh fruit or 100% Fruit Juice, AND choice of Milk; 1% White OR Fat Free Chocolate.

Questions or Comments:  
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TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



This product was funded by USDA.  
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**NATIONAL  
FARM TO SCHOOL  
MONTH**

M	T	W	TH	F
Pancake on a Stick w/Yogurt Cup Sausage & Biscuit Cereal Choices Fruit 1	Frittata Wrap Hash Browns Sausage & Biscuit Cereal Choices Fruit 2	Biscuit Eggs & Bacon Sausage & Biscuit Cereal Choices Fruit 3	Oatmeal w/Muffin Sausage & Biscuit Cereal Choices Fruit 4	Pancake Club Sandwich Sausage & Biscuit Cereal Choices Fruit 5
Chicken-N-Biscuit w/Honey Sausage & Biscuit Cereal Choices Fruit 8	Cinnamon Roll w/Sausage Link Sausage & Biscuit Cereal Choices Fruit 9	Sausage & Egg Croissant Sausage & Biscuit Cereal Choices Fruit 10	Fruit Parfait Cinnamon Toast Sausage & Biscuit Cereal Choices Fruit 11	Biscuit & Gravy w/Eggs & Bacon Sausage & Biscuit Cereal Choices Fruit 12
Blueberry Pancakes w/Bacon Sausage & Biscuit Cereal Choices Fruit 15	French Toast w/Sausage Sausage & Biscuit Cereal Choices Fruit 16	Breakfast Burrito Hash Browns Sausage & Biscuit Cereal Choices Fruit 17	Cream of Wheat w/Muffin & Bacon Sausage & Biscuit Cereal Choices Fruit 18	Ham, Egg & Cheese On a Bun Sausage & Biscuit Cereal Choices Fruit 19
Morning Roll w/Cheese Stick Sausage & Biscuit Cereal Choices Fruit 22	Donut w/Yogurt Cup Sausage & Biscuit Cereal Choices Fruit 23	Waffles w/Sausage Link Sausage & Biscuit Cereal Choices Fruit 24	Fruit Parfait Cinnamon Toast Sausage & Biscuit Cereal Choices Fruit 25	Cheese Omelet w/Texas Toast Sausage & Biscuit Cereal Choices Fruit <b>EARLY RELEASE<sup>26</sup></b>
Sausage Pancake on a Stick w/Yogurt Cup Sausage & Biscuit Cereal Choices Fruit 29	Egg Frittata w/Texas Toast Sausage & Biscuit Cereal Choices Fruit 30	Biscuit Eggs & Bacon Sausage & Biscuit Cereal Choices Fruit 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 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!

