

OCTOBER

2018



I'm
**DOCTOR
BROCK**

M
Pancakes with
bacon
Muffin with yogurt
WGR cereal variety
with toast
1

T
Sunrise sandwich
Breakfast strudel
with cheese stick
WGR cereal variety
with toast
2

W
French Toast with
sausage
WGR cereal variety
with toast
Muffin with yogurt
3

TH
French Toast with
sausage
WGR cereal variety
with toast
Muffin with yogurt
4

F
No School
For Students
5

**GOOD
EATS AT**

Elementary
Breakfast

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

Sausage Kolache
with yogurt
Muffin with yogurt
WGR cereal variety with
toast
8

Cheese omelet with
toast
Breakfast strudel with
cheese stick
WGR cereal variety with
toast
9

Waffles with
sausage
Breakfast Fruit
Parfait,
WGR cereal variety
with toast
10

Breakfast pizza
PBJ
WGR cereal variety
with toast
11

Donuts with
sausage
Muffin with yogurt
WGR cereal variety
with toast
12

**SPECIAL
ANNOUNCEMENTS**

No School
For Students
15

Breakfast Burritos, and
Hash Browns
WGR cereal variety with
toast
Breakfast Strudel with
Cheese Stick
16

Scrambled Eggs,
Bacon and Biscuit
with Gravy,
WGR Cereal Variety
with Toast,
Muffin & Yogurt
17

Sausage Kolache,
WGR Cereal
Variety with Toast,
Breakfast Bread
18

Breakfast
Sandwich,
WGR Cereal Variety
with Toast,
Muffin & Yogurt
19

Includes: Variety
of milk and juice

Waffles with Bacon,
WGR Cereal Variety
with Toast,
Muffin & Yogurt
22

Cinnamon Roll with
Sausage,
Breakfast Strudel with
Cheese stick,
or WGR cereal variety
with toast
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 Variety
with Toast,
25

Scrambled Eggs and
Biscuit with Gravy,
WGR Cereal Variety
with Toast,
Muffin & Yogurt
26

"This institution
is an equal
opportunities
provider."

Sausage Biscuit,
WGR Cereal Variety
with Toast,
Muffin & Yogurt
29

Breakfast Combo,
Breakfast Strudel
with Cheese stick
WGR cereal variety
with toast
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

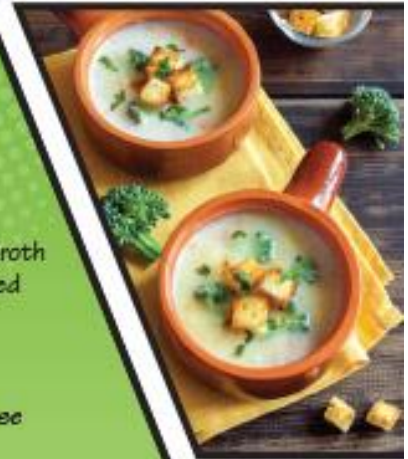
Ingredients:

- 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!

