

OCTOBER

2018



GOOD EATS AT

Lunch
Secondary

SPECIAL ANNOUNCEMENTS

A Salad Entree is also available as a meal option each day. There is always a salad bar to choose as a vegetable option, and a milk variety and water is available with each meal.

* This Institution is an equal opportunity provider.

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



M Steak fingers with Gravy & Roll, Philly Cheese Steak Cheeseburgers, Mashed Potatoes, Carrots, Strawberries & Bananas 1	T Spaghetti Bowl with bread stick, Domino's Pizza Chicken Sandwich California blend veggies Fruit cup Chocolate/ vanilla pudding 2	W Boneless Chicken Wings Texas chili with cornbread Cheese Burger, Oranges Brownies 3	TH Mexican combo plate Chicken quesadilla Individual Pizza Street Corn, Pinto Beans , Salsa Fresh Fruit 4	F No Classes For Students 5
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Breaded Drumsticks with biscuit Maverick Pizza, Cheese Burger Carrots, Corn Grapes & Cookie 8	Crispy Tacos Frito Pie, Maverick Pizza Charro Beans & Salsa Oranges 9	Lasagna, Chicken Burger Chicken nuggets Mashed potatoes & Gravy & Roll Pears 10	Hamburger/ Cheeseburger Hot dogs, Individual Pizza Oven Fries, Carrots Snowball salad 11	Pulled pork sliders Chicken Parmesan Cheese Burger Savory Green Beans Chilled Pineapple 12
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No Classes For Students 15	Domino's Pizza, Nachos Grande with Refried Beans and Salsa, Soup of the Day & Bread, Peaches and Lime Sherbet 16	Chicken Sandwich, X-Treme Burrito, Cheese Burger Oven Fries and Corn, Mandarin Oranges 17	Asian Bowl with Egg Roll, Hamburger Steak with Brown Gravy and Biscuit or Individual Pizza, Roasted Potatoes, and Fruity Gelatin 18	Maverick Pizza, Ham and Cheese Melt, or Cheese Burger, Multi Grain Chips, Broccoli Salad, Green Beans, Fresh Seasonal Fruit, and a Brownie 19
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Country Fried Steak with Gravy, Maverick Meatloaf or Chicken Burgers, Mashed Potatoes, Fried Okra, Strawberries & Rolls 22	Meat & Cheese Chalupas, Enchiladas or Individual Pizza Spanish Rice, Refried Beans, Salsa, and Rosy Applesauce 23	Chicken Tenders with Biscuit & Cream Gravy, Hamburger/Cheese Burger, Chicken Burger, Oven Fries, Broccoli, Mixed Fruit Cup and Crispy Cereal Treat 24	Chicken Spaghetti with Bread Stick, Maverick Pizza, Hamburger/ Cheese Burger, Glazed Carrots, Apple Slices, 25	Fish Sticks with Mac-N-Cheese, BBQ on a Bun, or Cheese Pizza, Coleslaw, Savory Green Beans, Orange Smiles 26
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Texas Basket, Hamburger/Cheese Burger, or Chicken Burger, Oven Fries, and Mixed Fruit Cups 29	Domino's Pizza, Chicken Alfredo with Bread Stick, Hamburger/ Cheese Burger, Tuscan Vegetables, Hot Cinnamon Apples 30	Tex-Mex Stack, Chicken Fajitas, Chicken Burger, Spanish Rice and Charro Beans, Salsa Peaches and Cookie 31		
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NATIONAL FARM TO SCHOOL MONTH


TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
   
This product was funded by USDA.
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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

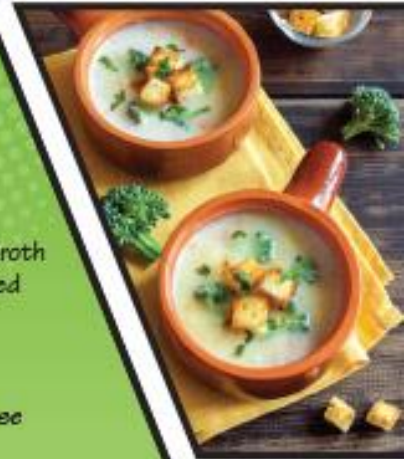
Ingredients:

- 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!

