

OCTOBER

2018



I'm
**DOCTOR
BROCK**

**GOOD
EATS AT**

**GARY ISD
Lunch**

**SPECIAL
ANNOUNCEMENTS**

LUNCHESES SERVED DAILY:
Special Entrée, Choice of Vegetables, Fruit, Whole Grain Bread and Milk (Flavored Fat Free, or Unflavored 1%) **YOU MUST SELECT 3** Components for the National Lunch Program. **CHEF SALADS** as whole meals by preorder **ONLY FOR 3RD-6TH Gr Tues-Thurs**. Chef Salads for **JH & HS** and staff are first come first serve, unless pre-ordered.
Questions or Comments:
903-685-2291 ext. 2503

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



M
Beef Fingers w/Gravy
Creamed Potatoes
Green Beans Roll
Fruit Choices 1

T
Chicken Sandwich
Sandwich Veggies
Ranch Style Beans
Sweet Potato Bites
Fruit Choices 2

W
Chicken Quesadilla
Mexicali Corn
Refried Beans
Salad w/Ranch
Fruit Choices 3

TH
Cheesy Ravioli
Broccoli
Salad w/Ranch
Garlic Toast
Fruit Choices 4

F
Hamburger Or Cheese Burger
Sandwich Veggies
Potato Wedges
Cookie
Fruit Choices 5

Chicken Strips
Tater Stars
Broccoli w/Cheese
Texas Toast
Fruit Choices 8

Burrito
Spanish Rice
Refried Beans
Mexicali Corn
Fruit Choices 9

BBQ Pork Sandwich
Potato Chips
Carrot Sticks w/Ranch
Fruit Choices 10

Chicken Spaghetti
Italian Veggies
Salad w/Ranch
Garlic Breadsticks
Fruit Choices 11

Stuffed Crust Pizza w/Marinara Sauce
Fresh Veg w/Ranch
Salad w/Ranch
Cookie
Fruit Choices 12

Breaded Pork Chops
Black-eyed Peas
Creamed Potatoes
Cornbread
Fruit Choices 15

Oven Fried Chicken Legs
Broccoli w/Cheese
Breaded Okra Roll
Fruit Choices 16

Ham & Cheese Hoagie
Carrot Stix w/Ranch
Salad w/ Ranch
Fruit Choices 17

Spaghetti w/Meatballs
Green Beans
Salad w/Ranch
Garlic Toast
Fruit Choices 18

Hot Dog / Chili Dog
Doritos Chips
Celery Sticks w/Ranch or SunButter
Cookie
Fruit Choices 19

Chicken Nuggets
Waffle Fries
Cucumbers w/Ranch
Roll
Fruit Choices 22

Fish Sticks
Mac-N-Cheese
Coleslaw
Carrot Sticks w/Ranch
Fruit Choices 23

Nachos Grande
Salsa
Pinto Beans
Salad w/Ranch
Fruit Choices 24

General Tso or Teriyaki Chicken
Brown Rice or Roll
Chinese Vegetables
Steamed Broccoli
Fruit Choices 25

Stuffed Crust Pizza w/Marinara Sauce
Salad w/Ranch
Corn, Cookie
Fruit Choices
EARLY RELEASE 26

Beef Fingers w/Gravy
Creamed Potatoes
Green Beans Roll
Fruit Choices 29

Chicken Sandwich
Sandwich Veggies
Ranch Style Beans
Sweet Potato Bites
Fruit Choices 30

Chicken Fajita
Spanish Rice
Pinto Beans
Salad w/Ranch
Fruit Choices 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!

