

# OCTOBER

2018



I'm  
**DOCTOR  
BROCK**

fingers with gravy  
Philly Cheese steak  
sandwich  
Mashed potatoes  
Carrots & Steak Roll  
Strawberries and  
bananas

**M**

1

Spaghetti with bread  
stick  
Pizza  
Salad  
California blend veggies  
Fruit cup  
Chocolate/ vanilla

**T**

2

Boneless Chicken Wings  
Texas chili with  
cornbread  
Celery sticks  
Carrots  
Oranges  
Brownies

**W**

3

Boneless Chicken Wings  
Texas chili with  
cornbread  
Celery sticks  
Carrots  
Oranges  
Brownies

**TH**

4

No School  
for Students

**F**

5

**GOOD  
EATS AT**

Elementary  
Lunch

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

Breaded Drumsticks  
with biscuit  
Maverick Pizza  
Carrots  
Corn  
Grapes  
Cookie

8

Crispy Tacos  
Frito Pie  
Veggie cups  
Beans  
Salsa  
Oranges

9

Ravioli  
Chicken nuggets  
Mashed potatoes  
Gravy  
Salad  
Pears

10

Hamburger/  
Cheeseburger  
Domino's Pizza  
Fried  
Carrots  
Snowball salad

11

Pulled pork sliders  
Chicken Parmesan  
Salad  
Green Beans  
Chilled Pineapple

12

**SPECIAL  
ANNOUNCEMENTS**

No School  
for Students

15

Nachos Grande or  
Soup Of The Day,  
Refried Beans, Salsa,  
Tiny Tomato Cups,  
Cucumber Slices,  
Peaches, and a Lime

16

Chicken Sandwich or  
X-Treme Burrito,  
Oven Fries,  
Seasoned Corn,  
Fresh Veggie Cups,  
Mandarin Oranges

17

Asian Bowl with  
Egg Roll or  
Hamburger Steak with  
Brown Gravy and  
Biscuit, Roasted  
Potatoes, a Garden Salad  
and Fruity Gelatin

18

Maverick Pizza or  
Ham and Cheese Melt,  
Multi Grain Chips,  
Glazed Carrots, Crunchy  
Broccoli Salad,  
Fresh Seasonal Fruit,

19

Country Fried Steak  
with Gravy or  
Maverick Meatloaf  
Mashed Potatoes,  
Fried Okra,  
Rolls and Strawberries

22

Sherbet Cup  
Meat & Cheese  
Chalupas,  
Enchiladas,  
Salsa, Refried Beans,  
Zesty Cucumber Cups  
and Rosy Applesauce

23

Chicken Tenders with  
Biscuit & Cream Gravy,  
Hamburger/Cheese  
Burger Oven Fries,  
Steamed Broccoli,  
Mixed Fruit Cup and  
Crispy Cereal Treat

24

Domino's Pizza  
Chicken Spaghetti with  
Bread Stick, Garden  
Salad, Glazed Carrots,  
Apple Slices,

25

and a Brownie  
Sticks with Mac-N-  
Cheese, Fish  
BBQ on a Bun,  
Cauliflower Cups  
Savory Green Beans,  
Orange Smiles

26

Texas Basket,  
Hamburger/Cheese  
Burger,  
Oven Fries, Fresh Veggie  
Cups, and  
Mixed Fruit Cup

29

Tex-Mex Stack, or  
Chicken Fajitas,  
Charro Beans,  
Tiny Tomato Cups, Salsa  
peaches and a Cookie

30

Bread Stick, Pizza  
Pockets  
Tuscan Vegetables,  
Garden Salad and  
Hot Cinnamon Apples

31

**NATIONAL  
FARM TO SCHOOL  
MONTH**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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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

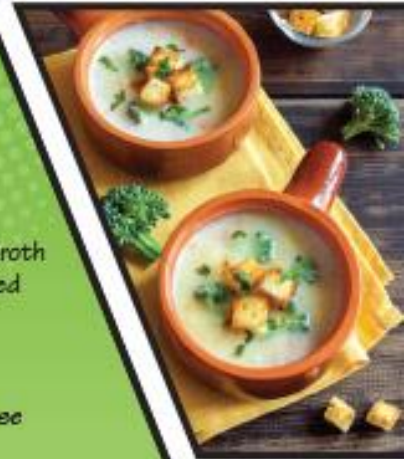
### Ingredients:

- 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!

