

OCTOBER

2018



I'm
**DOCTOR
BROCK**

M
1/2 pce. Chicken Spaghetti
1/8 c. Spinach Salad
1/4 slc. Garlic Bread
1/8 c. Pears
4 oz. Whole Milk 1

T
1 Soft Beef Taco
1/4 c. Black Bean Salsa
1/8 c. Diced Peaches
4 oz. Whole Milk 2

W
1/3 c. Beef Goulash
1/8 c. Carrots
1/8 c. Strawberries
1/2 WW Dinner Roll
4 oz. Whole Milk 3

TH
5 pcs. Popcorn
Chicken
1/4 c. Peas
1/4 c. Mangos
1/2 slc. WW Bread
4 oz. Whole Milk 4

F
1/2 Grilled Ham & Cheese Sandwich
1/8 c. Tomato Soup
1/8 c. Apple Slices
4 oz. Whole Milk 5

**GOOD
EATS AT**

**EHS
LUNCH
MENU**

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

1/2 Pulled Pork Slider
1/8 c. Coleslaw
1/8 c. Cinnamon Applesauce
4 oz. Whole Milk 8

1 oz. Grilled Chicken Patty
1/8 c. Green Beans
1/4 c. Brown Rice
1/2 slc. WW Bread
1/8 c. Strawberries
4 oz. Whole Milk 9

3/4 c. Beef Spaghetti
1/8 c. Broccoli & Cheese
1/2 WW Dinner Roll
1/8 c. Pears
4 oz. Whole Milk 10

1/2 Chicken Enchilada
1/8 c. Refried Beans
1/8 c. Tossed Salad
1/8 c. Pineapple Cubes
4 oz. Whole Milk 11

2 Steak Fingers
1/8 c. Mashed Potatoes
2 Tbsp. Gravy
1/8 c. Apricots
1/4 slc. Texas Toast
6 oz. 1% Milk 12

**SPECIAL
ANNOUNCEMENTS**

1/2 Chicken Quesadilla
1/8 c. Diced Tomato
1/8 c. Peaches
4 oz. Whole Milk 15

1/2 Sloppy Joe Sandwich
1/8 Baked Beans
1/8 c. Green Beans
1/8 c. Diced Pineapple
4 oz. Whole Milk 16

4 Beef Ravioli Pies
1/8 c. Corn
1/8 c. Mangos
1/2 slc. Garlic Toast
4 oz. Whole Milk 17

1 c. Potato Soup w/ Diced Ham
1/8 c. Apricots
1/2 WW Dinner Roll
4 oz. Whole Milk 18

1 slc. Cheese Pizza
1/8 c. Tossed Salad
1/8 c. Pears
4 oz. Whole Milk 19

1 pc. Macaroni & Ham
1/8 c. Snap Peas
1/8 c. Mixed Fruit
1/2 WW Dinner Roll
4 oz. Whole Milk 22

2 Chicken Nuggets
1/8 c. Tossed Salad
1/2 WW Dinner Roll
1/8 c. Kiwi
4 oz. Whole Milk 23

1 Hamburger w/WW Bun
1 Leaf Lettuce & Tomato
1/8 c. Tater Toots
1/8 c. Pineapple Bits
4 oz. Whole Milk 24

Lasagna
1/8 c. Peas & Carrots
1/8 c. Mandarin Oranges
1/4 WW Dinner Roll
4 oz. Whole Milk 25

1/2 Bean & Cheese Burrito
1/8 c. Lettuce & Tomato Salad
1/8 c. Fresh Green Apples
4 oz. Whole Milk 26

Turkey & Bean Chili
1/2 Corn Muffin
1/8 c. Squash
1/8 c. Pears
4 oz. Whole Milk 29

1/2 Chicken Fajitas
1/8 c. Refried Bean
1/4 c. Shredded Lettuce
1/8 c. Fruit Cocktail
4 oz. Whole Milk 30

Salisbury Steak
1/8 c. Mashed Potatoes
2 Tbsp. Gravy
1/2 slc. WW Bread
1/8 c. Tropical Fruit
4 oz. Whole Milk 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!

