

# OCTOBER

2018



I'm  
**DOCTOR  
BROCK**

**GOOD  
EATS AT**

**EHS  
HEAD START  
SNACK**

**SPECIAL  
ANNOUNCEMENTS**

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

**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.

**M**

**T**

**W**

**TH**

**F**

¼ c. (.5 oz) Cheese-It  
Crackers  
¼ c. Mixed Fruit

1

½ c. Banana (1/2)  
1 Tbsp. Peanut Butter

2

¼ c. Gold Fish (.5 oz)  
4 oz. 1% Milk

3

½ c. Diced Pineapple  
¼ c. Greek Vanilla  
Yogurt

4

.5 oz. WW Crackers  
½ c. Smashed  
Avocado

5

4 (.5 oz.) Wheat  
Crackers  
½ oz Cheese

8

1 Tbsp. Peanut Butter  
2 (.5 oz) Graham  
Crackers  
**Under 1 yr.-Saltines**

9

½ Banana (1/2 c.)  
¼ c. Strawberry  
Greek Yogurt (4 oz.)

10

½ c. Carrot Sticks  
1 Tbsp. Ranch  
Dressing  
½ Sliced Cheese  
**Blanch & Chill Carrots**

11

8 (.5 oz) Animal  
Crackers  
4 oz 1% Milk

12

½ Soft Pretzel Rod  
4 oz 1% Milk

15

.5 oz. WW Crackers  
½ c. Smashed  
Avocado

16

1 Tbsp. Peanut Butter  
½ c. Fresh Apple  
Slices, diced

17

4 (.5 oz.) Wheat  
Crackers  
1 slc. (.5 oz) Ham

18

2 (.5 oz) Graham  
Crackers  
½ c. Greek Vanilla  
Yogurt (4 oz.)  
**Under 1 yr.-Saltines**

19

½ c. Applesauce  
¼ c. Gold Fish (.5 oz)

22

1 pk. (.75 oz) Teddy  
Grahams  
½ c. Pears  
**Under 1 yr.-Saltines**

23

1 Boiled Egg  
4 (.5 oz.) Wheat  
Crackers

24

1 (.5 oz) Whole Grain  
Muffin  
½ c. Apricots

25

¼ c. Greek Vanilla  
Yogurt (4 oz.)  
½ c. Cheerios

26

1 slc. (.5 oz) Ham  
4 (.5 oz.) Wheat Thins

29

½ Soft Pretzel Rod  
1 Wild Watermelon  
Applesauce

30

1 oz. Sliced Cheese  
½ c. Diced Peaches

31

# 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

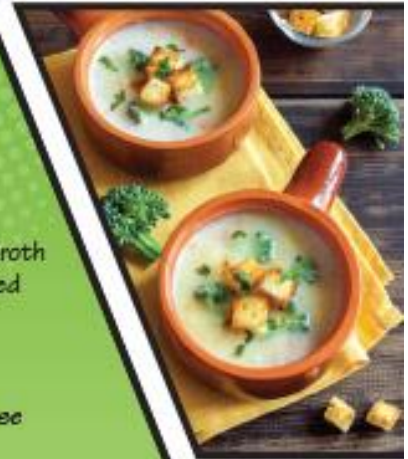
### Ingredients:

- 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!

