

OCTOBER

2018



I'm
**DOCTOR
BROCK**

**GOOD
EATS AT**

NEW HOME ISD.
LUNCH MENU

M

ENCHILADA
OR
TAQUITOS
QUESO
OR
CARRIBEAN SALAD
BEANS
CORN
SALSA
FRESH SEASONAL FRUIT
FRUIT CRISOP 1

T

MEATBALL SUB SANDWICH
Tater Tots
Or
Chili Cheese Combo
Or
Caribbean Salad
Fresh Veggie Cup 2
Mixed Fruit

W

Chicken Nuggets
Mac & Cheese
Savory Green Beans
Or
Asian Stir Fry
Flat Bread
Or
Caribbean Salad
Garden Salad
Strawberries 3

TH

Pizza Choice
Corn
Or
Fiesta Bowl
Or
Caribbean Salad
Tiny Tomato Cup
Fruity Gelatin 4

F

Hamburger/Cheeseburger
Hamburger Garnish
Or
Frito Pie
Or
Caribbean Salad
Cucumber Slices
Carrots
Cinnamon Applesauce
Cookie 5

**NO
SCHOOL**

8

Spaghetti Bowl
Breadstick
Or
French bread Pizza
Marinara Sauce
Or
Chef Salad
Garden Salad
California Blend Veggies
Fruit Cup
Chocolate/Vanilla Pudding 9

Boneless chicken Wings
Or
Texas Chili
Or
Chef Salad
Celery Sticks
Carrots
Cornbread
Orange Smiles
Brownie 10

Mexican Combo Plate
1 Taco, 1 Tamale
Or
Chicken Quesadilla
Or
Chef Salad
Corn
Beans
Lettuce/Tomato Garnish
Fresh seasonal Fruit 11

Popcorn Chicken
Roll
Or
Sloppy Joe Sandwich
Or
Chef Salad
Broccoli
Oven Fries
Peaches 12

**NATIONAL
SCHOOL
LUNCH WEEK
OCTOBER 15-19**

SquareMeals.org/nslw

Breaded Drumstick
Biscuit
Or
Pizza Choice
Or
Chicken Salad
Carrots
Seasoned Corn
Fresh Grape
Cookie 15

Crispy Tacos
Or
Frito Pie
Or
Chicken Salad
Fresh Veggie
Beans
Salsa
Lettuce/Tomato Garnish
Orange Smiles 16

Lasagna
Tuscan Vegetables
Or
Chicken Nuggets
Mashed Potatoes
Or
Chicken Salad
Garden Salad
Roll
Pears 17

Hamburger/Cheeseburger
Hamburger Garnish
Or
Hot Dog
Or
Chef Salad
Oven Fries
Carrots
Snowball Salad 18

Pulled Pork Sliders
Or
Chicken Parmesan
Garden Salad
Breadstick
Or
Chef Salad
Savory Green Beans
Chilled Pineapple 19

**SPECIAL
ANNOUNCEMENTS**

Corn Dog
Tater Tots
Or
Oven Roasted Chicken
Broccoli
Roll
Or
Chicken Salad
Baked Beans
Apple-Pineapple D'Life 22

Nachos Grande
Beans
Salsa
Lettuce/Tomato Garnish
Or
Taco Soup
Cornbread
Or
Chicken Salad
Tiny Tomato Cup
Cucumber Slices
Peaches
Lime Sherbet 23

Chicken Sandwich
Oven Fries
Or
X-Treme Burrito
Salsa
Corn
Or
Chicken Fajita Salad
Fresh Veggie Cup
Lettuce/Tomato Garnish
Mandarin Oranges 24

Asian Bowl
Eggroll
Or
Hamburger Steak
Brown Gravy
Biscuit
Roasted Potatoes
Or
Chicken Fajita Salad
Garden Salad
Fruity Gelatin 25

Pizza Choice
Or
Grilled Cheese Sandwich
Soup
Or
Chicken Fajita Salad
Carrots
Crunchy Broccoli Salad
Fresh Seasonal Fruit 26

Country Fried Steak
Gravy
Or
Meatloaf
Or
Crispy Chicken Salad
Mashed Potatoes
Okra
Roll
Strawberries 29

Meat & Cheese Chalupa
Or
Enchiladas
Or
Crispy Chicken Salad
Salsa
Zesty Cucumbers
Beans
Lettuce/Tomato Garnish
Rosy Applesauce 30

Chicken Tenders
Biscuit /Gravy
Or
HB/Cheeseburger
HB Garnish
Broccoli
Sweet Potato Fries
Mixed Fruit
Crispy cereal Treat 31

**NATIONAL
FARM TO SCHOOL
MONTH**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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GOOD EATS AT

NEW HOME ISD.
BREAKFAST MENU

SPECIAL ANNOUNCEMENTS



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I'm
DOCTOR BROCK

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 15-19
SquareMeals.org/nslw



NATIONAL FARM TO SCHOOL MONTH

M	T	W	TH	F
Breakfast Pizza Or Muffin/Yogurt Fruit Juice Fruit Milk Variety 1	Chicken Biscuit Or Breakfast Strudel Fruit Juice Fruit Milk Variety 2	Power Breakfast Biscuit, Gravy Scrambled Eggs, Bacon Or Breakfast Parfait Fruit Juice Fruit Milk Variety 3	Pancake Wrap Yogurt Or PBJ Fruit Juice Fruit Milk Variety 4	Cinnamon Roll Sausage Or Cereal Variety Fruit Juice Fruit Milk Variety 5
NO SCHOOL 8	Pancakes Bacon Or Cereal Variety Fruit Juice Fruit Milk Variety 9	French Toast Sausage Or Muffin Fruit Juice Fruit Milk Variety 10	Oatmeal Cinnamon Toast Yogurt Or Breakfast Crackers Cheese Stick Fruit Juice Fruit Milk Variety 11	Breakfast Burrito Hash Browns Or Cereal Variety Toast Fruit Juice Fruit 12
Sausage Kolache Yogurt Or Muffin Yogurt 15	Breakfast Taquito Or Breakfast Strudel Cheese stick Fruit Juice Fruit Milk Variety 16	Waffles Sausage Or Breakfast Parfait Fruit Juice Fruit Milk Variety 17	Breakfast Pizza Or PBJ Fruit Juice Fruit Milk Variety 18	Donut Holes Sausage Or Muffin Yogurt Fruit Juice Fruit Milk Variety 19
Pancakes Sausage Or Muffin Yogurt Fruit Juice Fruit Milk Variety 22	Breakfast Burrito Hash Brown Or Cereal Bar /Yogurt Fruit Juice Fruit Milk Variety 23	Power Breakfast Biscuit, Gravy Scrambled Eggs, Bacon Or Breakfast Parfait Fruit Juice Fruit Milk Variety 24	Sausage Kolache Yogurt Or PBJ Fruit Juice Fruit Milk Variety 25	Morning Griddle Sandwich Or Cereal Variety Toast Fruit Juice Fruit Milk Variety 26
Waffles Bacon Or Cereal Variety Toast Fruit Juice Fruit Milk Variety 29	Cinnamon Roll Sausage Or PBJ Fruit Juice Fruit Milk Variety 30	Breakfast Pizza Or Cereal Variety Toast Fruit Juice Fruit Milk Variety 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!

