

APRIL 2018

MON

TUE

WED

THUR

FRI

Texas Basket
(Steak Fingers, Fries)
Or
HB or Cheeseburger
HB Garnish
Oven Fries
Or
Chef Salad
Fresh Veggie Cup
Mixed Fruit 2

Tex-Mex Stack
Or
Chicken Fajitas
Or
Chef Salad
Charro Beans
Tiny Tomato Cup
Salsa
Lettuce/Tomato
Hot Cinnamon
Applesauce 3

Chicken Alfredo
Breadstick
Or
Calzone
Or
Chef Salad
Tuscan Vegetables
Garden Salad
Peaches
Cookie 4

Grilled Cheese Sandwich
Multi-Grain Chips
Or
Country Pot Pie
Or
Chef Salad
Broccoli Bites
Fresh Veggie Cup
Snowball Salad 5

Chicken Bowl
Roll
Or
Roast Beef Sandwich
Mashed Potatoes
Brown Gravy
Or
Chef Salad
Savory Green Beans
Apple Slices 6

Enchiladas
Or
Taquitos
Queso
Or
Asian Salad
Charro Beans
Seasoned Corn
Salsa Fresh Seasonal Fruit
Fruit Crisp 9

Meatball Sub Sandwich
Potato Rounds
Or
Chili Cheese Combo
Or
Asian Salad
Fresh Veggie Cup
Mixed Fruit 10

Chicken Nuggets
Mac & Cheese
Savory Green Beans
Or
Asian Stir-Fry
Flatbread
Or
Asian Salad
Garden Salad
Apple Slices
Milk Variety 11

Pizza Choice
Seasoned Corn
Or
Fiesta Bowl
Or
Asian Salad
Tiny Tomato Cup
Fruity Gelatin
Milk Variety 12

HB/Cheeseburger
Hamburger Garnish
Or
Frito Pie
Or
Asian Salad
Cucumber Slices
Baby Carrots
Cinnamon Applesauce
Cookie 13

NO
SCHOOL 16

Steak Fingers
Gravy
Or
Breaded Pork Chop
Gravy
Or
Caribbean Salad
Mashed Potatoes
Carrot Coins
Roll
Strawberries and Banana 17

Spaghetti Bowl
Breadstick
Or
French bread Pizza
Marinara Sauce
Or
Caribbean Salad
Garden Salad
Cali Blend Vegetables
Fruit Cup
Cholate Pudding 18

Boneless Chicken Wings
Or
Texas Chili
Cornbread
Or
Caribbean Salad
Celery Sticks
Carrot Sticks
Orange Smiles 19

Mexican Combo Plate
(1Taco, Tamale, Spanish Rice)
Or
Chicken Quesadilla
Spanish rice
Or
Caribbean Salad
Mexicali corn
Refried Beans
Salsa
Lettuce/Tomato
Sliced Peaches 20

Breaded Drumstick
Texas Toast
Or
Pizza Choice
Or
Santa Fe Salad
Baby Carrots
Seasoned Corn
Fresh Grapes 23

Crispy Tacos
Spanish Rice
Or
Frito Pie
Or
Santa Fe Salad
Fresh Veggie Cup
Charro Beans
Salsa
Apple-Pineapple D'Lite 24

Lasagna
Or
Chicken Nuggets
Mashed Potatoes
Or
Santa Fe Salad
Garden Salad
Tuscan vegetables
Roll
Pears 25

Hamburger/Cheeseburger
Hamburger Garnish
Or
Hot Dog
Or
Santa Fe Salad
Oven Fries
Baby Carrots
Orange Smiles 26

Pulled Pork Sliders
Multi- Grain Chips
Coleslaw
Or
Chicken Parmesan
Or
Santa Fe Salad
Garden Salad
Breadstick
Savory Green Beans
Chilled Pineapple 27

Corn Dog
Tator Tots
Or
Oven Roasted Chicken
Broccoli Bites
Roll
Or
Tuna Salad
Baked Beans
Apple-Pineapple D'Lite 30

Good
Eats at:

NEW HOME ISD.
LUNCH MENU



SPECIAL
Announcements

+200
+100
+50



Fun facts
on back!

'YOU ART WHAT YOU EAT'
ART CONTEST CONTINUES. ENTER TODAY!
squaremeals.org/artcontest

This product was funded by USDA. This institution is an equal opportunity provider.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



APRIL 2018

MON

TUE

WED

THUR

FRI

Sausage Biscuit
Or
Muffin/Yogurt
Fruit Juice
Fruit
Milk Variety 2

Breakfast Combo
Or
Breakfast Strudel
Cheese Stick
Fruit Juice
Fruit
Milk Variety 3

Chicken -n- Waffles
Or
Breakfast Parfait
Fruit Juice
Fruit
Milk Variety 4

Pancakes
Sausage
Or
PBJ
Fruit Juice
Fruit
Milk Variety 5

Dutch Waffle
Bacon
Or
Cereal Variety
Toast
Fruit Juice
Fruit
Milk Variety 6

Breakfast Pizza
Or
Muffin/Yogurt
Fruit Juice
Fruit
Milk Variety 9

Chicken Biscuit
Or
PBJ
Fruit Juice
Fruit
Milk Variety 10

Biscuit, Gravy
Scrambled Eggs
Bacon
Or
Breakfast Parfait
Fruit Juice
Fruit
Milk Variety 11

Pancake Wrap
Yogurt
Or
PBJ
Fruit Juice
Fruit
Milk Variety 12

Cinnamon Roll
Sausage
Or
Cereal Variety
Toast
Fruit Juice
Fruit
Milk Variety 13

No
School 16

Pancakes
Bacon
Or
PBJ
Fruit Juice
Fruit
Milk Variety 17

Oatmeal
Cinnamon Toast
Or
Cereal Variety
Fruit Juice
Fruit
Milk Variety 18

French Toast
Sausage
Or
Breakfast Crackers
Cheese Stick
Fruit Juice
Fruit
Milk Variety 19

Breakfast Burrito
Sausage
Or
Muffin/Yogurt
Fruit Juice
Fruit
Milk Variety 20

Sausage Kolache
Yogurt
Or
Cereal/Toast
Fruit Juice
Fruit
Milk Variety 23

Cheese Omelet/Toast
Or
Cereal Bar
Yogurt
Fruit Juice
Fruit
Milk Variety 24

Waffles/Sausage
Or
Breakfast Parfait
Fruit Juice
Fruit
Milk Variety 25

Breakfast Pizza
Or
PBJ
Fruit Juice
Fruit
Milk Variety 26

Donut Holes/Sausage
Or
Muffin/Yogurt
Fruit Juice
Fruit
Milk Variety 27

Pancakes/Sausage
Or
Muffins/Yogurt
Fruit Juice
Fruit
Milk Variety 30

Good
Eats at:

NEW HOME ISD.
BREAKFAST MENU

SPECIAL
Announcements

+200
+100
+50



Fun facts
on back!

'YOU ART WHAT YOU EAT'
ART CONTEST CONTINUES. ENTER TODAY!
squaremeals.org/artcontest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Launch PAD

BROCCOLI GROWING REGIONS

1. Winter Garden
2. Rio Grande Valley



Healing HERO

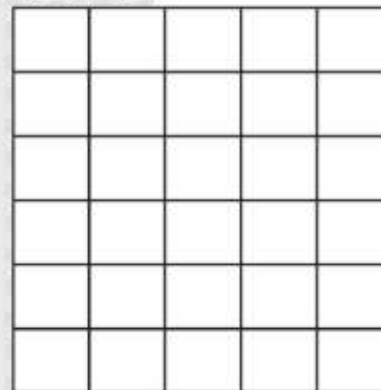
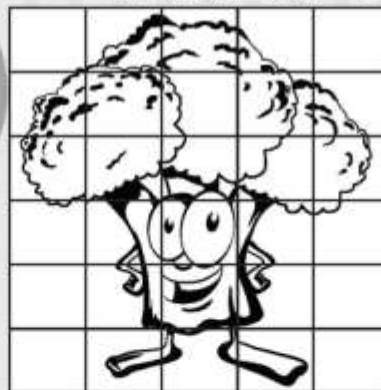
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

BROCCOLI

I'm Captain Broccoli and I come from the cruciferous clan. The flower petals on cruciferous vegetables look like a cross. I'm a cousin to cabbage and cauliflower, and I grow in many parts of Texas. I really prefer cool weather, and hate hot weather. I am often boiled, roasted or steamed, but can also be eaten raw. My head is made up of tiny flower buds. If you don't pick me early enough, my head turns into a bunch of yellow flowers.



Draw Captain Broccoli's FIRST MATE



FUN FACT

Broccoli has been around for more than 2,000 years and has been grown in the United States for more than 200 years!



Chicken and Broccoli BAKE

Joke of the MONTH

Q: What do you call a vampire who grows broccoli?

A: Count Broccula

INGREDIENTS

- 1 cup rice, uncooked
- 1 broccoli, frozen (10 ounce package)
- 3 cups chicken, cooked
- 2 tablespoons margarine [or butter]
- ¼ cup flour
- 2 cups chicken broth
- ¼ cup Parmesan cheese (optional)

PREPARATION

1. Cook rice in 2 cups of water.
2. Let broccoli thaw.
3. Chicken should be off the bone.
4. Melt butter in large sauce pan.
5. Add flour to melted margarine and stir. This will be lumpy.
6. Use broth from chicken you cooked or use canned chicken broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken.
7. Add cheese and stir.
8. Add rice, broccoli and chicken. Stir.
9. Put in a casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated.

Recipes courtesy of: www.whatscooking.fmns.usdo.gov

+200



+100

