

OCTOBER

2018



I'm
**DOCTOR
BROCK**

**GOOD
EATS AT**

M

Breakfast:
Breakfast Pizza
Lunch:
Taquitos, Beans
Fruit

1

T

Breakfast:
Chicken~N~Biscuit
Lunch:
Meatball Subs
Tater tots, Fruit

2

W

Breakfast:
Power Breakfast
Lunch:
Chicken Nuggets
Mac and Cheese
Green Beans

3

TH

Breakfast:
Sausage Kolache
Lunch:
Pizza, Corn
Jello, Veggies

4

F

Breakfast:
Sausage & Biscuit
Lunch:
Frito Pie
Cucumbers
Applesauce

5

**NEWCASTLE
ISD**

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

**No
School**

8

Breakfast:
Sunrise Sandwich
Lunch:
Steakfingers
Mashed Potatoes
Carrots

9

Breakfast:
French Toast
Lunch:
Spaghetti Bowl
Steamed Veggies
Fruit

10

Breakfast:
Oatmeal & Toast
Lunch:
Chili, Cornbread
Veggies, Fruit

11

Breakfast:
Breakfast Burrito
Lunch:
Sloppy Joes
Fries, Veggies
Fruit

12

**SPECIAL
ANNOUNCEMENTS**

**No
School**

15

Breakfast:
Sausage Kolache
Lunch:
Breaded Drumstick
Corn, Carrots
Fruit

16

Breakfast:
Waffles & Sausage
Lunch:
Chicken Nuggets
Mashed Potatoes
Salad, Fruit

17

Breakfast:
Breakfast Pizza
Lunch:
Hamburgers
Fries, Carrots
Fruit

18

Breakfast:
French Toast
Lunch:
Pulled Pork Sliders
Green Beans
Fruit

19

Menu is subject to
change.

Breakfast:
Pancakes & Sausage
Lunch:
Oven Roasted
Chicken, Broccoli
Fruit, Roll

22

Breakfast:
Breakfast Burrito
Lunch:
Nacho Grande
Beans, Veggies
Fruit

23

Breakfast:
Power Breakfast
Lunch:
Chicken Sandwich
Fries, Veggies
Fruit

24

Breakfast:
Sausage Kolache
Lunch:
Asian Bowl
Salad, Fruit

25

Breakfast:
Griddle Sandwich
Lunch:
Pizza, Carrots
Fruit

26

Served Daily:
Variety of Milk
Variety of Juice
Variety of Cereal

Breakfast:
Waffles & Bacon
Lunch:
Country Fried Steak
Mashed Potatoes
Roll, Fruit

29

Breakfast:
Toast & Sausage
Lunch:
Chalupas, Beans
Applesauce

30

Breakfast:
Breakfast Pizza
Lunch:
Chicken Tenders
Broccoli, Fruit

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

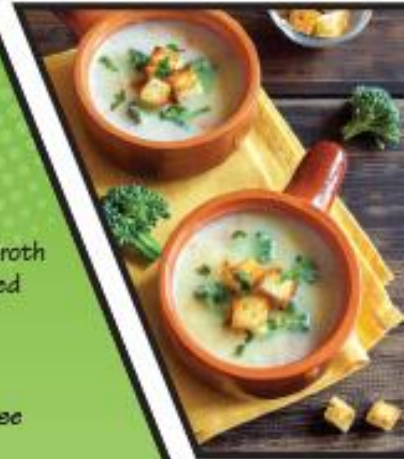
Ingredients:

- 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 AgriLife 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!

