



OCTOBER

2018

GOOD EATS AT

I'm
DOCTOR BROCK

Tenaha ISD
High School

SPECIAL ANNOUNCEMENTS

HAPPY HALLOWEEN!

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

M	T	W	TH	F
Breakfast-Sausage, Biscuit Lunch- Tacos, lettuce, cheese, pinto beans, pineapple, orange, rice Option- Burrito 1	Breakfast- Omelete, toast Lunch- Chicken fried steak, potatoes, gravy, green beans, pears, orange, milk, bread Option-Nuggets 2	Breakfast- Mini Pancakes Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk Option- Burger 3	Breakfast- French Toast Sticks Lunch- Hot Dog, chili, cheese, chips, carrots, salad, pears, apple, milk Option-Corndog 4	Breakfast- Pizza, fruit juice, milk Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk, pudding Option- Nuggets 5
Breakfast- Sausage Biscuit Lunch- Stuffed crust Pizza, salad, carrot sticks, peaches, milk, pudding Option- Chic. Sand. 8	Breakfast- Scrambled eggs, toast Lunch-BBQ sandwich, black eyed peas, sweet potato tots, pears, apple, milk, pudding Option- Corndog 9	Breakfast- French toast stick Lunch- Chicken Strips, potatoes, gravy, bread, corn, baby carrots, pears, apples, milk Option-Stk. fingers 10	Teacher In-Service 11	No School 12
Breakfast- Biscuit, gravy Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice 15	Breakfast- Sausage, Biscuit Lunch-Hot ham & cheese on Ciabatta bun, pickle spears, broccoli, applesauce, orange, chips, milk, pudding Option- Burger 16	Breakfast- Pancake on a stick Lunch-Baked Potato, ham, cheese, 2 bread sticks, broccoli, baby carrots, pears, orange milk Option-Pizza 17	Breakfast- Omelet, toast Lunch- Stuffed crust Pizza, salad, carrot sticks, peaches, milk, pudding Option-Chic. Sandwich 18	Breakfast- Kolache Lunch- Beef Tips & rice, green beans, roll, tropical fruit, orange, salad, milk, pudding Option- Chic Nugges 19
Breakfast-Sausage, Biscuit Lunch- Taco Salad, pinto beans, pineapple, milk, rice Option-Burrito 22	Breakfast- French toast stick Lunch- Chicken Rings, potatoes, gravy, bread, corn, baby carrots, pears, apples, milk, jello Option- Stk. Figers 23	Breakfast- Cinnamon Roll Lunch- Tiger Burger, cheese, fixins, Fries, peaches, orange, baby carrots, milk Option- Burger 24	Breakfast- Sausage, biscuit Lunch-Turkey Hoagie, baked beans, baked fruit, chips, fixins, tropical fruit, apple, milk, pudding Option- Chic Sandwich 25	Breakfast-Pizza Lunch- Grilled cheese, SOUP, carrot stick, salad, peaches, milk, crackers 26
Breakfast-Sausage, Biscuit Lunch- Tacos, lettuce, cheese, pinto beans, pineapple, orange, rice Option- Burrito 29	Breakfast- Omelete, toast Lunch- Chicken fried steak, potatoes, gravy, green beans, pears, orange, milk, bread Option-Nuggets 30	Breakfast- Mini Pancakes Lunch- Tiger chicken, cheese, fixins, Tots, baby carrots, peaches, orange, milk Option- Burger 31		



NATIONAL FARM TO SCHOOL MONTH



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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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!

