



# OCTOBER

2018

**GOOD EATS AT**

Jefferson  
Junior High  
School

**SPECIAL ANNOUNCEMENTS**

I'm  
**DOCTOR BROCK**

**M**

**T**

**W**

**TH**

**F**

Pancakes  
Sausage Patty  
Choice of Fruit/Juice  
Choice of Milk 1

Cinnamon Roll  
Choice of Fruit/Juice  
Choice of Milk 2

Breakfast Taco  
Choice of Fruit/Juice  
Choice of Milk 3

Sausage Biscuit  
Choice of Fruit/Juice  
Choice of Milk 4

Waffle Sticks  
Sausage Patty  
Choice of Fruit/Juice  
Choice of Milk 5

Cheese Omelet  
Whole Grain Toast  
Choice of Fruit/Juice  
Choice of Milk 8

Sausage Kolache  
Choice of Fruit/Juice  
Choice of Milk 9

Breakfast Burrito  
Choice of Fruit/Juice  
Choice of Milk 10

Choice of Yogurt  
Choice of Cereal  
Choice of Fruit/Juice  
Choice of Milk 11

French Toast Sticks  
Sausage Patty  
Choice of Fruit/Juice  
Choice of Milk 12

**NATIONAL SCHOOL LUNCH WEEK**  
OCTOBER 15-19  
[SquareMeals.org/nslw](http://SquareMeals.org/nslw)

Pancakes  
Sausage Patty  
Choice of Fruit/Juice  
Choice of Milk 15

Cinnamon Roll  
Choice of Fruit/Juice  
Choice of Milk 16

Breakfast Taco  
Choice of Fruit/Juice  
Choice of Milk 17

Sausage Biscuit  
Choice of Fruit/Juice  
Choice of Milk 18

Waffle Sticks  
Sausage Patty  
Choice of Fruit/Juice  
Choice of Milk 19

Cheese Omelet  
Whole Grain Toast  
Choice of Fruit/Juice  
Choice of Milk 22

Sausage Kolache  
Choice of Fruit/Juice  
Choice of Milk 23

Breakfast Burrito  
Choice of Fruit/Juice  
Choice of Milk 24

Choice of Yogurt  
Choice of Cereal  
Choice of Fruit/Juice  
Choice of Milk 25

French Toast Sticks  
Sausage Patty  
Choice of Fruit/Juice  
Choice of Milk 26

29

30

31

**NATIONAL FARM TO SCHOOL MONTH**



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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# DOCTOR BROCK

## Broccoli

Pancakes  
Sausage Patty  
Choice of  
Fruit/Juice  
Choice of Milk

Mini-Cinnis  
Choice of  
Fruit/Juice  
Choice of Milk

Breakfast Taco  
Choice of  
Fruit/Juice  
Choice of Milk

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.

Broccoli is from the cruciferous family of vegetables. The germination 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!

