



OCTOBER

2018

GOOD EATS AT

Jefferson
Junior High
School

SPECIAL ANNOUNCEMENTS

Pizza by Alpha Food Company, variety sandwiches, and fresh fruit offered daily!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

I'm
DOCTOR BROCK

M

BBQ Sandwich
Potato Wedges
Green Beans
Orange Sorbet
Choice of Milk 1

T

Beef/Bean Burrito
Mexicali Corn
Border Beans
Spiced Apples
Choice of Milk 2

W

Spaghetti/B'Stick
Italian Vegetables
Orange Smiles
Breadstick
Choice of Milk 3

TH

Asian Chicken Bowl
Steamed Broccoli
Glazed Carrots
Mandarin Oranges
Choice of Milk 4

F

Turkey Hot Dog
Heart/Soul Salad
French Fries
Fruit Cup
Choice of Chips
Choice of Milk 5

Popcorn Chix/Roll
Potato Wedges
Green Beans
Orange Sorbet
Choice of Milk 8

Chicken Fajitas
Seasoned Corn
Ranch Style Beans
Spiced Apples
Choice of Milk 9

Chicken Alfredo
Pasta/Breadstick
Heart/Soul Salad
Chilled Pineapple
Choice of Milk 10

Meatball Sub
Carrot
Sticks/Ranch
Rosy Applesauce
Choice of Milk 11

Steak Fingers/Roll
Mashed Potatoes
Heart/Soul Salad
Fruit Cup
Choice of Milk 12

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

Hamburgers
Potato Wedges
Green Beans
Orange Sorbet
Choice of Milk 15

Beef Enchiladas
Mexicali Corn
Border Beans
Spiced Apples
Choice of Milk 16

Spaghetti/B'Stick
Italian Vegetables
Orange Smiles
Breadstick
Choice of Milk 17

Sweet & Sour Pork
Steamed Broccoli
Glazed Carrots
Mandarin Oranges
Choice of Milk 18

Grilled Cheese
Heart/Soul Salad
Fruit Cup
Choice of Milk 19

Sriracha Chicken
Wings/Roll
Potato Wedges
Green Beans
Orange Sorbet
Choice of Milk 22

Beef Tacos
Seasoned Corn
Ranch Style Beans
Spiced Apples
Choice of Milk 23

Chicken Alfredo
Pasta/Breadstick
Heart/Soul Salad
Chilled Pineapple
Choice of Milk 24

Lasagna/B'Stick
Heart/Soul Salad
Rosy Applesauce
Choice of Milk 25

Chix Nuggets/Roll
Carrot
Sticks/Ranch
Fruit Cup
Choice of Milk 26

29

30

31

NATIONAL FARM TO SCHOOL MONTH



DOCTOR BROCK

Broccoli

Pancakes
Sausage Patty
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. Choice of Fruit/Juice and Choice of Milk 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!

