

# APRIL 2018

MON

TUE

WED

THUR

FRI

Sausage  
Kolache  
Yogurt  
Fruit Juice  
Fruit  
Milk

2

Cheese Omelet  
Toast OR  
Strudel  
Cheese Stick  
Fruit Juice  
Fruit & Milk

3

Waffles  
Sausage OR  
Muffin &  
Yogurt  
Fruit Juice  
Fruit & Milk

4

Breakfast  
Pizza OR PBJ  
Fruit  
Fruit Juice  
Milk

5

Donut OR  
French Toast  
Sausage  
Fruit  
Fruit Juice  
Milk

6

Pancakes  
Sausage OR  
Cereal &  
Toast  
Fruit Juice  
Fruit & Milk

9

Breakfast  
Burrito  
Hash Browns  
OR PBJ  
Fruit Juice  
Fruit & Milk

10

Biscuit  
Scrambled Eggs  
Bacon OR  
Breakfast Parfait  
Fruit  
Fruit Juice  
Milk

11

Sausage  
Kolache  
Yogurt OR  
Breakfast  
Crackers &  
Cheese, Fruit  
Juice & Milk

12

Breakfast  
Club OR  
Cereal &  
Toast  
Fruit Juice  
Fruit & Milk

13

Waffles &  
Bacon OR  
Cereal & Toast  
Fruit  
Fruit Juice  
Milk

16

Cinnamon Roll  
& Sausage OR  
PBJ  
Fruit Juice  
Fruit  
Milk

17

Breakfast  
Pizza OR  
Parfait  
Fruit  
Fruit Juice  
Milk

18

Sausage, Egg  
& Cheese  
Sandwich OR  
Cereal Bar &  
Yogurt, Fruit  
Juice & Milk

19

Pita Pocket  
OR Muffin &  
Yogurt  
Fruit  
Fruit Juice  
Milk

20

Sausage  
Biscuit OR  
Cereal &  
Toast  
Fruit Juice  
Fruit & Milk

23

Breakfast  
Combo OR  
PBJ  
Fruit  
Fruit Juice  
Milk

24

Chicken &  
Waffles OR  
Muffin & Yogurt  
Fruit  
Fruit Juice  
Milk

25

Stuffed Bagels  
OR Pancakes  
Sausage  
Fruit  
Fruit Juice  
Milk

26

Dutch Waffle  
Bacon OR  
Cereal &  
Toast  
Fruit Juice  
Fruit & Milk

27

Breakfast  
Pizza OR  
Cereal & Toast  
Fruit Juice  
Fruit  
Milk

30

Good  
Eats at:

Lockney ISD Cafeteria  
310 SW 8<sup>th</sup> Street  
Lockney, TX

SPECIAL  
Announcements

Breakfast is Offered  
Daily Until 7:55 AM

+200  
+100  
+50

Fun facts  
on back!

'YOU ART WHAT YOU EAT'

ART CONTEST CONTINUES. ENTER TODAY!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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## Launch PAD BROCCOLI GROWING REGIONS

1. Winter Garden
2. Rio Grande Valley

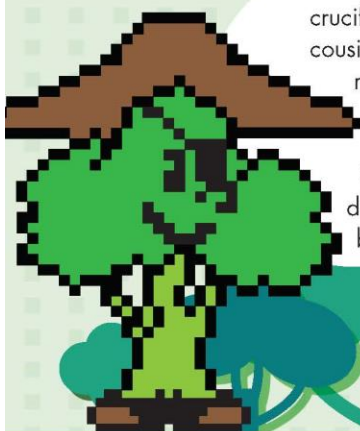


## Healing HERO

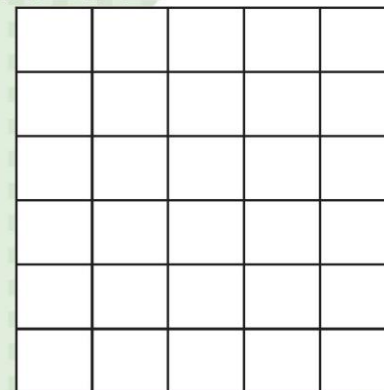
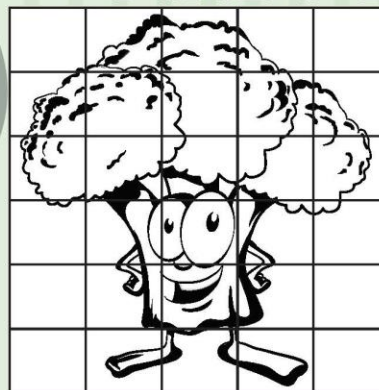
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

## 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.

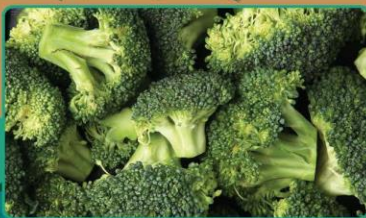


## Draw Captain Broccoli's FIRST MATE



## 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.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

