

# APRIL 2018

MON

TUE

WED

THUR

FRI

Breaded Drumstik OR Pizza  
Baby Carrots  
Corn  
Grapes  
Cookie & Milk 2

Frito Pie  
Veggie Cup  
Charro Beans  
ApplePineapple  
D'lite  
Garnish  
Milk 3

Chicken Nuggets  
Mashed Potatoes  
Garden Salad  
Tuscan Veggies  
Roll  
Pears & Milk 4

HB OR CB OR  
Hot Dog  
Oven Fries  
Baby Carrots  
Orange Smiles  
Milk 5

Pulled Pork OR  
Chicken  
Parmesan  
Salad, Pineapple  
Green Beans  
Breadstick  
Milk 6

Corn Dog & Tots  
OR Roasted  
Chicken  
Broccoli, Roll  
Baked Beans  
Fruit & Milk 9

Nachos Grande  
Refried Beans  
Salsa, Garnish  
Tomato Cup  
Cucumbers  
Peaches  
Sherbet & Milk 10

Chicken  
Sandwich & Fries  
Or Burrito  
Corn, Garnish  
Veggie Cup  
Fruit & Milk 11

Asian Bowl  
Eggroll OR  
Salsbury Steak  
Biscuit, Gravy  
Potatoes, Salad  
Fruity Gelatin  
Milk 12

Pizza Choice  
OR Ham &  
Cheese  
Baby Carrots  
Broccoli Salad  
Fruit, Brownie  
& Milk 13

Country Fried  
Steak OR  
Meatloaf  
Mashed Potatoes  
Okra, Roll  
Strawberry Cup  
Milk 16

Enchiladas  
Salsa  
Cucumbers  
Refried Beans  
Garnish  
Applesauce  
Milk 17

Chicken  
Tenders OR HB  
Gravy, Toast,  
Broccoli  
Sweet Potato  
Fries, Fruit  
Milk 18

Chicken  
Spaghetti OR  
Pizza  
Salad  
Carrots  
Apple & Milk 19

Shrimp  
Fish Sticks OR  
BBQ on a Bun  
Coleslaw  
Green Beans  
Oranges & Milk 20

Texas Basket  
OR HB  
Fries  
Veggie Cup  
Mixed Fruit  
Milk 23

Tex-Mex Stack  
OR Chicken  
Fajitas  
Beans, Salsa  
Tomato Cup  
Cinnamon  
Apples & Milk 24

Chicken Alfredo  
OR Calzone  
Marinara, Salad  
Tuscan Veggies  
Peaches  
Cookie & Milk 25

Grilled Cheese  
Chips OR  
Pot Pie  
Broccoli Bites  
Veggie Cup  
Snowball Salad  
Milk 26

Chicken Bowl OR  
Pulled Pork  
Mashed Potatoes  
Roll, Gravy  
Green Beans  
Apples & Milk 27

Enchiladas OR  
Taqitos  
Queso, Corn  
Charro Beans  
Salsa, Fruit  
Fruit Crisp  
Milk 30

Good Eats at:

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

SPECIAL ANNOUNCEMENTS

Lunch Served Daily  
From 11:00AM-1:00PM

Grades 9<sup>th</sup>-12<sup>th</sup> are  
offered an extra ½ Cup  
Fruit Daily.

+200  
+100  
+50

'YOU ART WHAT YOU EAT'

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



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



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

Fun facts  
on back!



## Launch PAD BROCCOLI GROWING REGIONS

1. Winter Garden
2. Rio Grande Valley

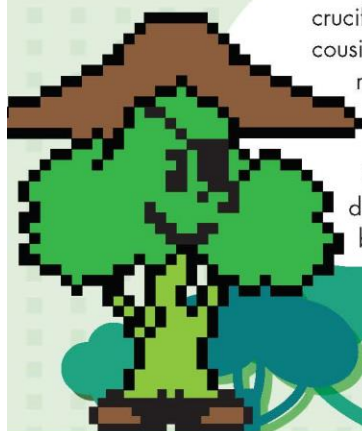


## Healing HERO

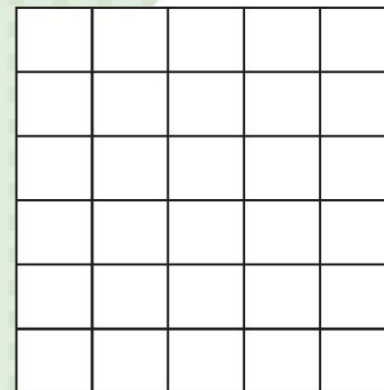
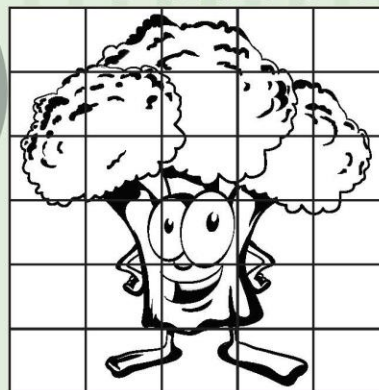
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

## 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.

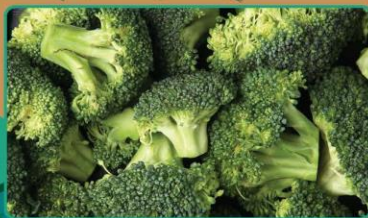


## Draw Captain Broccoli's FIRST MATE



## 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)

