



OCTOBER

2018

I'm
**DOCTOR
BROCK**

**GOOD
EATS AT**

LUNCH

**SPECIAL
ANNOUNCEMENTS**

***Note: Beta Academy has a one-charge policy. This policy allows for a scholar to charge one meal to their account. After which the parent will be notified of non-payment.**

Lunch: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.
o Vegetable of the day

This institution is an equal opportunity provider



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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M **T** **W** **TH** **F**

CLASSIC SPAGHETTI & MEATBALLS 1	HOT DOG! 2	PAPA JOHN'S PIZZA 3	BBQ MEATBALLS 4	BREAKFAST FOR LUNCH: PANCAKES & CHEESY OMELET 5
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**NATIONAL
SCHOOL
LUNCH WEEK
OCTOBER 8-12**
SquareMeals.org/nslw

NO SCHOOL! 8	HOT DOG! 9	PAPA JOHN'S PIZZA 10	HOT MEATBALL SUB 11	BUFFALO CHICKEN CRUNCHADILLA 12
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CHICKEN BITES 15	BEAN & CHEESE QUESADILLA 16	PAPA JOHN'S PIZZA 17	CRISPY CHICKEN SANDWICH 18	HEARTY VEGGIE CHILI & SEASONED RICE 19
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NO SCHOOL! 22	FLAME-BROILED PEPPERJACK CHEESEBURGER 23	PAPA JOHN'S PIZZA 24	CHICKEN MARINARA PASTA BAKE 25	HOT DOG! 26
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Menu is subject to change without notice.

CLASSIC SPAGHETTI & MEATBALLS 29	HOT DOG! 30	PAPA JOHN'S PIZZA 31		
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**NATIONAL
FARM TO SCHOOL
MONTH**

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!

