



OCTOBER

2018

GOOD EATS AT

**HENDERSON
ISD**

SPECIAL ANNOUNCEMENTS

National School Lunch Week
October 15-19

Please enjoy a healthy & delicious school lunch with your student this week.



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

PROFESSIONAL DEVELOPMENT

NO SCHOOL!

1

T

CORNDOG OR CHICKEN SANDWICH
BABY CARROTS W/ DIP
BAKED BEANS
BLUEBERRIES
MILK

2

W

POPCORN CHICKEN
MASHED POTATOES
CHEESY BROCCOLI
STRAWBERRIES
HOMEMADE ROLL
MILK

3

TH

PEPPERONI PIZZA OR CHEESY BITES
MARINARA SAUCE
COOKED CARROTS
STEAMED CORN
TEXAS WATERMELON
MILK

4

F

CHEESEBURGER
POTATO SMILES
BURGER SALAD
PEACH POPS
MILK

5

FRITO PIE OR CHILI CHEESE HOTDOG
FRESH BROCCOLI
CURLY FRIES
BLUEBERRIES
MILK

8

BEEF OR CHICKEN
CHEESY NACHOS
PINTO BEANS
HOMEMADE SALSA
GARDEN SALAD
PEACHES
MILK

9

POPCORN CHICKEN
MASHED POTATOES
GREEN BEANS
TEXAS WATERMELON
HOMEMADE ROLL
MILK

10

CHEESEBURGER
POTATO SMILES
BURGER SALAD
BAKED BEANS
RIPS
MILK

11

PEPPERONI PIZZA
CHEESY BITES
STEAMED CORN
GREEN PEAS
MARINARA SAUCE
STRAWBERRIES
MILK

12

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 15-19

SquareMeals.org/nslw

BBQ SANDWICH OR CORNDOG
REDUCED FAT CHIPS
BABY CARROTS W/ DIP
PINTO BEANS
STRAWBERRIES
MILK

15

STEAK FINGERS OR FISH STICKS
CHEESY BROCCOLI
BAKED SWEET POTATO
APPLESAUCE CUPS
MAC N CHEESE
MILK

16

POPCORN CHICKEN OR OVEN FRIED CHICKEN
MASHED POTATOES
CALIFORNIA VEGGIES
PEACH POPS
HOMEMADE ROLL
MILK

17

PEPPERONI PIZZA OR CHEESY BITES
SEASONED SQUASH
GREEN BEANS
MARINARA SAUCE
TEXAS WATERMELON
MILK

18

CHEESEBURGER
TATER TOTS
BURGER SALAD
BAKED BEANS
RAISELS
MILK

19

MEATBALL SUB OR HOT DOG
CURLY FRIES
BABY CARROTS W/ DIP
SOUR FRUIT CUPS
MILK

22

CHEESY BITES OR CRISPIITOS
GREEN PEAS
COOKED CARROTS
BLUEBERRIES
MILK

23

POPCORN CHICKEN
MASHED POTATOES
BLACK EYED PEAS
STRAWBERRIES
HOMEMADE ROLL
MILK

24

CHEESEBURGER
POTATO SMILES
BAKED BEANS
BURGER SALAD
RAISELS
MILK

25

BEEF OR CHICKEN
CHEESY NACHOS
PINTO BEANS
GARDEN SALAD
TEXAS WATERMELON
MILK

26

STEAK FINGERS OR FISH STICKS
BAKED SWEET POTATO
GREEN BEANS
ORANGE SLICES
COOKIE
MILK

29

MANDARIN ORANGE
CHICKEN W/ FRIED RICE
OR POPCORN CHICKEN
CHEESY BROCCOLI
COOKED CARROTS
SOUR FRUIT CUPS
MILK

30

CHEESEBURGER OR CORNDOG
TATER TOTS
BURGER SALAD
BAKED BEANS
RAISELS
MILK

31

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

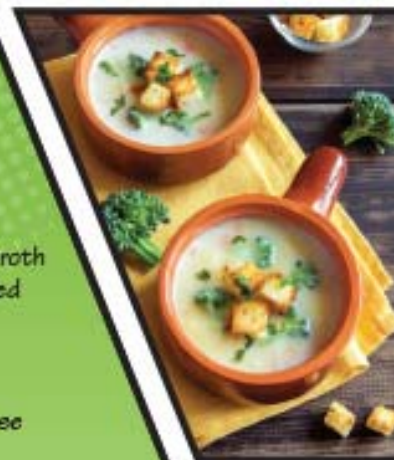
Ingredients:

- 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!

