

OCTOBER

2018



I'm
**DOCTOR
BROCK**

**GOOD
EATS AT**

**La Vernia ...
PRIMARY &
INTERMEDIATE
CAMPUSES**

Menu is subject to change
without notice due to
availability of products

**SPECIAL
ANNOUNCEMENTS**

Breakfast Meal Prices:

Student Full Price \$1.75
Reduced - \$0.30
Adult - \$2.25

Lunch Meal Prices:

Student Full Price \$2.35
Reduced - \$0.40
Adult - \$3.50

Prices are subject to change
EXTRA'S

Hot Breakfast Entrée - \$1.35
Cold Breakfast Entrée - \$1.00
Hot Lunch Entrée - \$1.75
Fruit / Veggie - \$0.75
Snacks, Milk, Bread - \$0.60 to \$1.00
Large Bottled Drink - \$1.00
Small Bottled Water - \$0.35
Extra's are available on a first come
first serve basis.

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

**NATIONAL
SCHOOL
LUNCH WEEK
OCTOBER 8-12**
SquareMeals.org/nslw



M
Cereal/Cheese Stick or Pop Tarts
Hamburger or Cheeseburger, Potato Smiles, Tomato, Lettuce, Pickles, Applesauce, & Pudding
1

T
Cereal/Yogurt or Breakfast Pizza
Corn Dogs, Baked Beans, Fries, & Mandarin Oranges
2

W
Cereal/Cheese Stick or Bean & Cheese Taco
Chicken Nuggets, Roll, Steamed Broccoli, Mashed Potatoes w/ Gravy, & Green Apple
3

TH
Cereal/Yogurt or Breakfast Pizza
Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Cucumbers w/Ranch, Watermelon & Raisels
4

F
Cereal/Cheese Stick or Sausage, Biscuit, & Gravy
Personal Pan Pizza, Baby Carrots w/Ranch, Green Peas & Grapes
5

Cereal/Cheese Stick or Pancake on Stick
Chicken Patty on Bun, Tomato, Lettuce, Pickles, Baked Beans & Oranges
8

Cereal/Yogurt or Breakfast Pizza
Hot Dogs, Corn, Fries, Cantaloupe, & Mini Rice Krispie Treat
9

Cereal/Cheese Stick or Bacon/Egg/Cheese Taco
Popcorn Chicken, Roll, Mashed Sweet Potatoes, Fresh Broccoli w/ Ranch, & Diced Peaches
10

Cereal/Yogurt or Breakfast Pizza
Nachos or PBJ w/ Chips, Celery Sticks w/Ranch, Pinto Beans, & Strawberries
11

Cereal/Cheese Stick or Cinnamon Rolls
Pizza, Cooked Spinach, Baby Carrots w/Ranch, & Mixed Fruit
12

Cereal/Cheese Stick or French Toast Sticks
Grilled Cheese, Fries, Corn, & Red Apples
SLUSHIE
15

Cereal/Yogurt or Breakfast Pizza
Mac & Cheese w/Ham, Sweet Potato Fries, Chili Beans, Diced Pears, & Animal Crackers
16

Cereal/Cheese Sticks or Mini Waffles
Chicken Strips, Roll, Mashed Potatoes/Gravy, Cooked Carrots & Pineapple
17

Cereal/Yogurt or Breakfast Pizza
Frito Pie or Bean & Cheese Taco, Pinto Beans, Lettuce/Tomato, Salsa, & Banana
18

Staff Development/ Student Holiday
19

Cold Cereal/Cheese Stick or Pop Tarts
Hamburger or Cheeseburger, Potato Smiles, Tomato, Lettuce, Pickles, & Applesauce
22

Cold Cereal/Yogurt or Breakfast Pizza
Corn Dogs, Baked Beans, Fries, & Mandarin Oranges
23

Cold Cereal/Cheese Stick or Bean & Cheese Taco
Chicken Nuggets, Roll, Steamed Broccoli, Mashed Potatoes w/ Gravy, & Green Apple
24

Cereal/Yogurt or Breakfast Pizza
Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Cucumbers w/Ranch, Watermelon & Raisels
25

Cereal/Cheese stick or Sausage, Biscuit, & Gravy
Personal Pan Pizza, Baby Carrots w/Ranch, Green Peas & Grapes
26

Cereal/Cheese Stick or Pancake on Stick
Chicken Patty on Bun, Tomato, Lettuce, Pickles, Baked Beans & Oranges
29

Cereal/Yogurt or Breakfast Pizza
Hot Dogs, Corn, Fries, Cantaloupe, & Mini Rice Krispie Treat
30

Cereal/Cheese Stick or Bacon/Egg/Cheese Taco
Popcorn Chicken, Roll, Mashed Sweet Potatoes, Fresh Broccoli w/ Ranch, & Diced Peaches
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!

