



# OCTOBER

2018

## GOOD EATS AT

YANTIS ISD  
BREAKFAST MENU

MENU SUBJECT TO  
CHANGE WITHOUT  
NOTICE.

## SPECIAL ANNOUNCEMENTS

VARIETY OF MILK, FAT FREE AND 1%. 100% FRUIT JUICE AND FRESH FRUIT, TOAST AND CEREAL OFFERED DAILY.

MUST TAKE THREE COMPONENTS FOR A COMPLETE MEAL.



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**

**T**

**W**

**TH**

**F**

STAFF DAY  
NO STUDENTS

1

BREAKFAST BAR  
YOGURT

2

TAC GO FRITTATA  
SALSA

3

PIG N BLANKET  
MUSTARD

4

SAUSAGE/BISCUIT  
GRAVY

5

ASSORTED  
MUFFINS

8

BREAKFAST  
PIZZA

9

PB&JELLY  
STRING CHEESE

10

CINNAMON TOAST  
CEREAL

11

SAUSAGE/BISCUIT  
ASSORTED JELLY

12

**NATIONAL  
SCHOOL  
LUNCH WEEK  
OCTOBER 15-19**

[SquareMeals.org/nslw](http://SquareMeals.org/nslw)

DONUTS  
YOGURT CUP

15

PANCAKE SAUSAGE  
ON STICK/SYRUP

16

WAFFLES/SYRUP  
CEREAL

17

PIG N BLANKET  
MUSTARD

18

SAUSAGE/BISCUIT  
ASSORTED JELLY

19

BREAKFAST BURRITO  
SALSA

22

BREAKFAST PIZZA

23

EGGSTAVAGANZA  
TOAST

24

CEREAL BAR  
YOGURT

25

EARLY RELEASE  
CHICKEN/BISCUIT  
JELLY/ HONEY

26

FRENCH TOAST  
SYRUP

29

PANCAKE SAUSAGE  
ON STICK

30

TAC GO FRITTATA  
SALSA

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

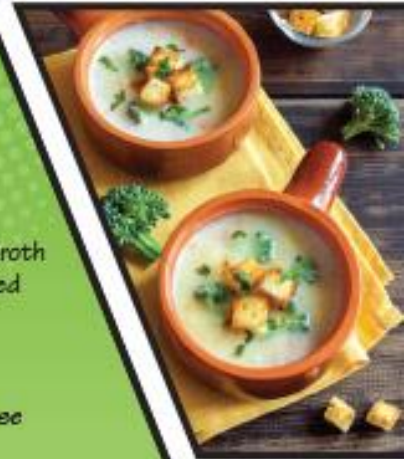
### Ingredients:

- 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 AgLife 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!

