

OCTOBER

2018



I'm
**DOCTOR
BROCK**

3RD-12TH
SANDWICHES WILL BE
OFFERED DAILY!

STAFF DAY
NO STUDENTS

M

MINI CORN DOGS
MAC N CHEESE
BAKED BEANS
FRUIT

T

CHEESE OR PEPPERONI
PIZZA
SPINACH SALAD
CARROT STICKS
COOKIE/FRUIT

W

CHICKEN NUGGETS
SWEET POTATO
PINTO BEANS
ROLL
FRUIT

TH

HOTDOGS/BURGERS
POTATO WEDGES
SALAD/TOMATO
FRUIT

F

**GOOD
EATS AT**

YANTIS ISD
3RD- 12TH
SALAD BAR-
TUES/WED/THUR

MS/HS
HOT LINE:
TUES. SOUP & CRACKERS
WED. CHEESE NACHOS
THURS. FRITO CHILI PIE

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

CORNDOGS
BAKED BEANS
POTATO SALAD
FRUIT

8

CHICKEN SLIDERS
SWEET POTATO FRIES
PICKLE SPEARS
FRUIT

9

HAMBURGER STEW
CHEESE STICK
CRACKERS
FRUIT

10

BEEF N CHEESE
NACHOS
PINTO BEANS
SALAD/SALSA
FRUIT

11

HAMBURGERS/CHEESE
SALAD/PICKLES
CARROT STICKS
BAKED CHIPS
FRUIT

12

**SPECIAL
ANNOUNCEMENTS**

BREADED STEAK
SANDWICH
BAKED BEANS
POTATO WEDGES
FRUIT

15

LEMON PEPPER CHK
CUCUMBER SALAD
STEAMED CARROTS
ROLL
FRUIT

16

PIZZA STICKS
MARINARA
BROCCOLI/RANCH
CORN
FRUIT

17

TACO BOWL
PINTO BEANS
SPANISH RICE
FRUIT

18

CHICKEN BURGER
SALAD/PICKLES
TOMATO
BAKED CHIPS
FRUIT

19

ALL MEALS INCLUDE FAT
FREE AND 1% MILK'
MUST TAKE THREE
COMPONENTS FOR A
COMPLETE MEAL.

FRITO CHILI PIE
PINTO BEANS
CORN
FRUIT

22

CHEESE ENCHILADA
REFRIED BEANS
SALAD/ SALSA
TOSTADO CHIPS
FRUIT

23

GRILLED CHEESE
TOMATO SOUP
FRESH VEGGIES
FRUIT

24

POPCORN CHICKEN
MASHED POTATO
SWEET PEAS/ROLL
FRUIT

25

EARLY RELEASE
BURGERS
SALAD/PICKLE SPEAR
CARROT STICKS
CHIPS
FRUIT

26

FRESH AND CANNED
FRUIT OFFERED DAILY.

MENU SUBJECT TO
CHANGE WITHOUT
NOTICE.

HOTDOGS
POTATO WEDGES
PORK N BEANS
FRUIT

29

STK FINGERS
MAC N CHEESE
GREENBEANS
ROLL
FRUIT

30

HOT HAM N CHEESE
FRESH VEGGIES
PICKLE SPEAR
BAKED CHIPS
FRUIT

31

**NATIONAL
FARM TO SCHOOL
MONTH**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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This institution is an equal opportunity provider.

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

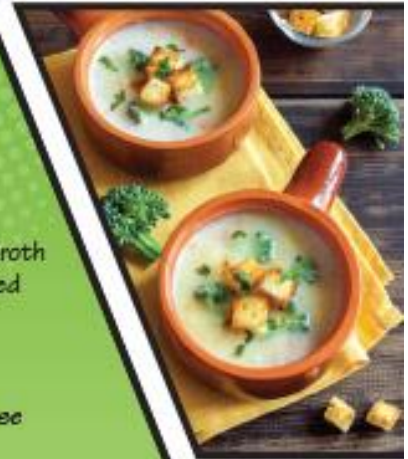
Ingredients:

- 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!

