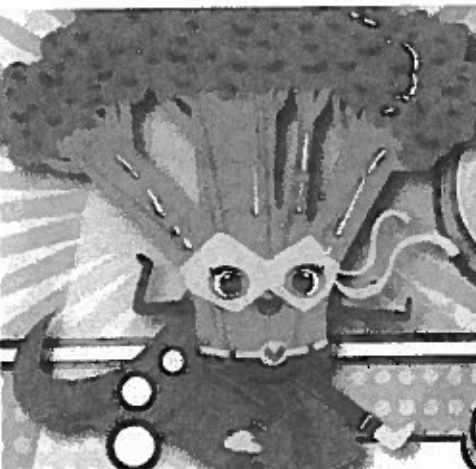


# OCTOBER

2018

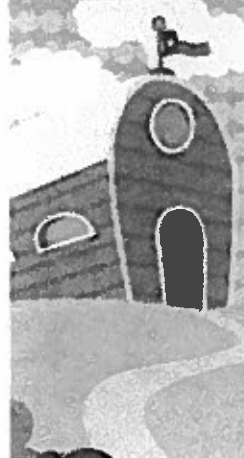


I'm  
**DOCTOR  
BROCK**

**GOOD  
EATS AT**

**JOAQUIN ISD RAM CAFÉ**  
Breakfast Menu  
Elementary \$1.75  
Junior High \$1.75  
High School \$1.75  
Adult \$2.25

**NATIONAL  
SCHOOL  
LUNCH WEEK  
OCTOBER 15-19**  
[SquareMeals.org/nshw](http://SquareMeals.org/nshw)



M	T	W	TH	F
<p><b>Chicken-n-Biscuit</b> Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 1</p>	<p><b>Hot Pocket</b> Assorted Cereals Cheese Toast Mandarin Oranges Assorted Juice 2</p>	<p><b>Oatmeal Strawberry Bar</b> Assorted Cereals Yogurt Applesauce Assorted Juice 3</p>	<p><b>Sausage-n-Biscuit w/Jelly</b> Assorted Cereals Pop tart Orange Wedges Assorted Juice 4</p>	<p><b>Honey Bun</b> Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup Assorted Juice 5</p>
<p><b>Bacon-n-Egg Biscuit</b> Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 8</p>	<p><b>Kolache</b> Assorted Cereals Cheese Toast Mandarin Oranges Assorted Juice 9</p>	<p><b>Blueberry Pancakes</b> Syrup Assorted Cereals Yogurt Applesauce Assorted Juice 10</p>	<p><b>Sausage-n-Biscuit w/Jelly</b> Assorted Cereals Pop tart Orange Wedges Assorted Juice 11</p>	<p><b>Donut</b> Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup Assorted Juice 12</p>
<p><b>Chicken-n-Biscuit</b> Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 15</p>	<p><b>Hot Pocket</b> Assorted Cereals Cheese Toast Mandarin Oranges Assorted Juice 16</p>	<p><b>Pancake on Stick</b> Syrup Assorted Cereals Yogurt Applesauce Assorted Juice 17</p>	<p><b>Sausage-n-Biscuit w/Jelly</b> Assorted Cereals Pop tart Orange Wedges Assorted Juice 18</p>	<p><b>Honey Bun</b> Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup Assorted Juice 19</p>
<p><b>Bacon-n-Egg Biscuit</b> Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 22</p>	<p><b>Kolache</b> Assorted Cereals Cheese Toast Mandarin Oranges Assorted Juice 23</p>	<p><b>Mini Maple Waffle</b> Syrup Assorted Cereals Yogurt Applesauce Assorted Juice 24</p>	<p><b>Sausage-n-Biscuit w/Jelly</b> Assorted Cereals Pop tart Orange Wedges Assorted Juice 25</p>	<p><b>Donut</b> Assorted Cereals Cinnamon Toast String Cheese Applesauce Cup Assorted Juice 26</p>
<p><b>Chicken-n-Biscuit</b> Assorted Cereals Buttered Toast Sliced Pears Assorted Juice Grape Jelly 29</p>	<p><b>Scramble Egg w/Ham</b> Assorted Cereals Cheese Toast Mandarin Oranges Assorted Juice 30</p>	<p><b>Breakfast Pizza</b> Assorted Cereals Yogurt Applesauce Assorted Juice 31</p>		

**SPECIAL  
ANNOUNCEMENTS**

Choice of milk everyday:  
White 1% Low Fat or  
Flavored Fat Free.

Menus are subject to  
change without notice.

**NATIONAL  
FARM TO SCHOOL  
MONTH**

  
TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

This product was funded by USDA.  
This institution is an equal opportunity provider.

# OCTOBER

2018

GOOD EATS AT

I'm DOCTOR BROCK

M

T

W

TH

F

Chef Salad  
Chicken Burger Basket  
Pepperoni Pizza  
Green Beans  
Veggie Bar  
w/Ranch Dressing  
Strawberries  
Pineapple Tidbits 1

Chef Salad  
Pita Pocket  
Sweet Potato  
Glazed Carrots  
Veggie Bar w/Ranch  
Dried Cherries  
Mandarin Oranges 2

Chef Salad  
Breaded Chicken  
Mashed Potatoes  
w/Gravy  
Mix Vegetables  
Whole Grain Roll  
Sliced Peach Cup  
Applesauce 3

Chef Salad  
Big Daddy's Pizza  
Chicken Quesadilla  
Buttered Corn  
Pinto Beans  
Orange Wedges  
Mango Chunks  
Chocolate Pudding 4

Chicken or Hamburger  
on Bun  
Cheese Slice  
Fries  
Cauliflower w/Sauce  
Burger Veggies  
Applesauce Cup  
Fruit Slush 5

Chef Salad  
BBQ Sandwich  
Stuffed Crust Pizza  
Green Beans  
Veggie Bar  
w/Ranch Dressing  
Strawberries  
Sliced Pears 8

Chef Salad  
Hot Dog w/Chili  
Macaroni & Cheese  
Baked Beans  
Sweet Potatoes  
Veggie Bar w/Ranch  
Grapes  
Mandarin Oranges 9

Chef Salad  
Country Steak  
Mashed Potatoes  
w/Gravy  
Sweet Peas  
Whole Grain Roll  
Applesauce  
Diced Peaches 10

Chef Salad  
Big Daddy's Pizza  
Tacos  
Sweet Corn  
Chili Beans  
Salsa, Peppers  
Watermelon Chunks  
Mixed Fruit 11

Chicken or Hamburger  
on Bun  
Sliced Cheese  
Criss Cut Fries  
Broccoli w/Sauce  
Burger Veggies  
Applesauce Cup  
Sidekick Fruit Slush 12

Chef Salad  
Chicken Burger Basket  
Pepperoni Pizza  
Green Beans  
Veggie Bar  
w/Ranch Dressing  
Strawberries  
Pineapple Tidbits 15

Chef Salad  
Honey McRib Sandwich  
Baked Potato w/Cheese  
Glazed Carrots  
Veggie Bar w/Ranch  
w/Ranch Dressing  
Grapes  
Mandarin Oranges 16

Chef Salad  
Boneless Chicken Wing  
Mashed Potatoes  
w/Gravy  
Mix Vegetables  
Whole Grain Roll  
Sliced Peach Cup  
Applesauce 17

Chef Salad  
Big Daddy's Pizza  
Asian Glazed Chicken  
Fried Rice  
Buttered Corn  
Pinto Beans  
Orange Wedges  
Mango Chunks 18

Chicken or Hamburger  
on Bun  
Sliced Cheese  
Fries  
Cauliflower w/Sauce  
Burger Veggies  
Applesauce Cup  
Fruit Slush 19

Chef Salad  
BBQ Sandwich  
Stuffed Crust Pizza  
Green Beans  
Veggie Bar  
w/Ranch Dressing  
Strawberries  
Sliced Pears 22

Chef Salad  
Breaded Chicken Leg  
Macaroni & Cheese  
Baked Beans  
Sweet Potatoes  
Veggie Bar w/Ranch  
Grapes  
Mandarin Oranges 23

Chef Salad  
Chicken Tenders  
Mashed Potatoes  
w/Gravy  
Sweet Peas  
Whole Grain Roll  
Applesauce  
Diced Peaches 24

Chef Salad  
Big Daddy's Pizza  
Stromboli w/Marinara  
Sweet Corn  
Chili Beans  
Salsa, Peppers  
Watermelon Chunks  
Mixed Fruit 25

Chicken or Hamburger  
on Bun  
Sliced Cheese  
CrissCut Fries  
Broccoli w/Sauce  
Burger Veggies  
Applesauce Cup  
Fruit Slush 26

Chef Salad  
Chicken Burger Basket  
Pepperoni Pizza  
Green Beans  
Veggie Bar  
w/Ranch Dressing  
Strawberries  
Pineapple Tidbits 29

Chef Salad  
Spaghetti w/Meat Sauce  
Baby Lima Beans  
Glazed Carrots  
Veggie Bar w/Ranch  
Bread Stick  
Grapes  
Mandarin Oranges 30

Chef Salad  
Chicken Chunk  
Mashed Potatoes  
w/Gravy  
Mix Vegetables  
Whole Grain Roll  
Sliced Peach Cup  
Applesauce 31

JOAQUIN ISD RAM CAFÉ  
Lunch Menu  
Elementary \$2.50  
Junior High \$2.50  
High School \$2.75  
Adult \$3.50

## SPECIAL ANNOUNCEMENTS

Snack Bar  
Drinks \$1.00 Chips \$1.00  
Cookies \$.50 Ice Cream \$1.00  
Rice Krispies Treat \$1.00  
Dipping Dots \$2.50  
Entrée \$2.00 Side Dishes \$1.00  
Must have cash for snack bar.  
No Charging Snacks.  
Choice of milk everyday:  
White 1% Low Fat or Flavored  
Fat Free. Menus are subject  
to change without notice.

NATIONAL SCHOOL LUNCH WEEK OCTOBER 15-19  
SquareMeals.org/nslw

NATIONAL FARM TO SCHOOL MONTH

TEXAS DEPARTMENT OF AGRICULTURE  
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# DOCTOR BROCK

Broccoli

Dr. Brock started out as a small seed planted on a cold winter's day in Healthville. 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

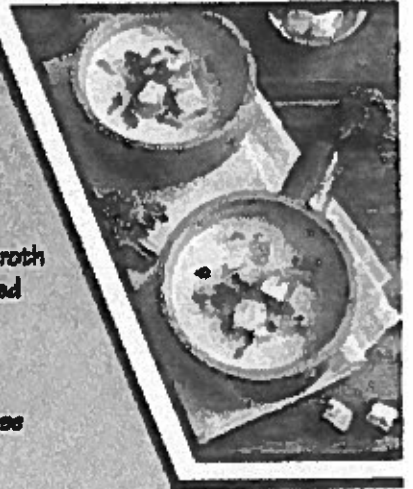
### Ingredients:

- 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: Times TMM and Agilelle 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

## JOKES OF THE MONTH

Q: What is a superhero's favorite part of the jokes?

A: The punch line!