



OCTOBER

2018

GOOD EATS AT

Cathedral of Faith
Christian School
cofcs.org

SPECIAL ANNOUNCEMENTS

Field Trips
8 – Chesapeake Fire Station #2 (K3 & K4)
9 – Chesapeake Fire Station #2 (K5 & 1st grade)
17 – Greenbrier Farms (All Classes)



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

I'm
DOCTOR BROCK

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

NATIONAL FARM TO SCHOOL MONTH

M

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Breakfast for lunch
Turkey Sausage/French Toast
Eggs, Applesauce

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Beef-A-Roni
Texas Toast, Salad
Strawberry Fruit Cup **8**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
WG Cheese Pizza
Broccoli Florets
Sliced Peaches **15**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
WG Corn Dog Nuggets
Corn
Diced Pears **22**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
WG Pepperoni Pizza
Broccoli Florets
Pineapple Tidbits **29**

T

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Cheeseburger on WG Bun
Corn
Sliced Peaches **2**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Fish Fillet on WG Bun
Steamed Collards
Apple Sauce **9**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Breakfast for lunch
Turkey Sausage/French Toast
Eggs, Applesauce **16**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Beef-A-Roni
Texas Toast, Salad
Strawberry Fruit Cup **23**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Hot Dog on WG Bun
Baked Fries
Fruit Cocktail **30**

W

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
WG Cheese Pizza
Broccoli Florets
Sliced Pears **3**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
WG Chicken Nuggets
Sweet Potatoes
Sliced Oranges **10**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Chic-Fila on WG Bun
Baked Fries
Bananas **17**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
BBQ on WG Bun
Cole Slaw, Baked Beans
Sliced Peaches **24**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
WG Fish Nuggets
Green Beans
Peach Fruit Cup **31**

TH

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
PBJ or Ham & Cheese
Sandwich on WW Bread
Carrots, Fruit Cocktail **4**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
WG Corn Dog Nuggets
Baked Beans
Diced Pears **11**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
PBJ or Ham & Cheese
Sandwich on WW Bread
Carrots, Grapes **18**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Fish Fillet on WG Bun
Steamed Collards
Apple Sauce **25**

F

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Hot Dog on WG Bun
Baked Beans
Mandarin Oranges **5**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
BBQ on WG Bun
Cole Slaw, Corn
Peach Fruit Cup **12**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Soft Taco or Chicken Nuggets
Mexican Rice
Pineapple Tidbits **19**

Breakfast
General Mills Small Cereal Bowl, Juice/Milk
Cereal Bars, Yogurt
Lunch
Cheeseburger on WG Bun
Sweet Potatoes
Mandarin Oranges **26**

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!



USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632 9992.

Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider