

APRIL 2018

MON

TUE

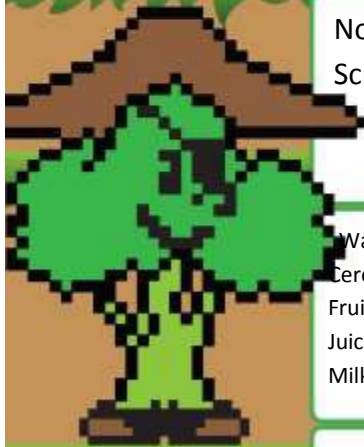
WED

THUR

FRI

Pancakes, Bacon Cereal, Toast Fruit Juice Milk Variety 2	Parfait Cereal & yogurt Fruit Juice Milk Variety 3	French Toast Cereal & yogurt Fruit Juice Milk variety 4	Muffin & Oatmeal Cereal & Toast Fruit Juice Milk Variety 5	Scrambled Eggs Sausage, Toast Cereal Fruit, Juice Milk Variety 6
Sausage Kolache Yogurt Cereal Fruit, Juice Milk Variety 9	Cheese Omelet Cereal, Toast Fruit Juice Milk Variety 10	Waffles & Sausage Cereal & Toast Fruit Juice Milk Variety 11	Breakfast Pizza Cereal & yogurt Fruit Juice Milk Variety 12	Donuts & Sausage Cereal & yogurt Fruit Juice Milk Variety 13
No School 16	No School 17	Biscuits & Gravy Sausage, Cereal Fruit Juice Milk Variety 18	Muffins & yogurt Cereal Fruit Juice Milk Variety 19	Breakfast Club Cereal & yogurt Fruit Juice Milk Variety 20
Waffles & Bacon Cereal & yogurt Fruit Juice Milk Variety 23	Cinnamon Roll Sausage Cereal & Toast Fruit, Juice Milk Variety 24	Pancake Wrap Cereal & Toast Fruit Juice Milk Variety 25	Scrambled Eggs Bacon, Toast Cereal Fruit, Juice Milk Variety 26	No School 27
No School 30				

+200
+100
+50



Good Eats at:
Miami ISD
Breakfast

SPECIAL ANNOUNCEMENTS

Fun facts on back!

'YOU ART WHAT YOU EAT'
ART CONTEST CONTINUES. ENTER TODAY!
squaremeals.org/artcontest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Launch PAD

BROCCOLI GROWING REGIONS



1. Winter Garden
2. Rio Grande Valley



Healing HERO

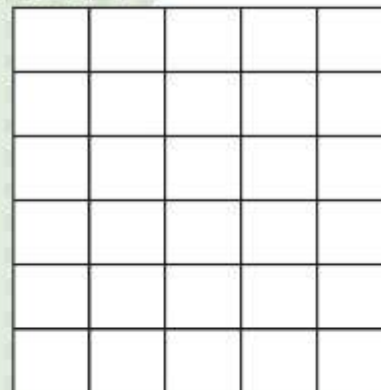
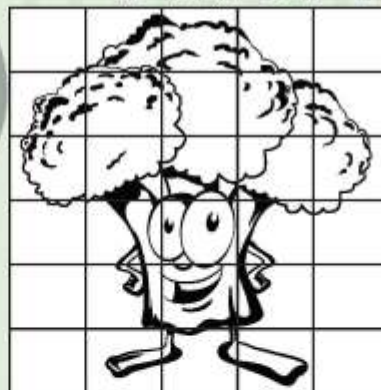
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

BROCCOLI

I'm Captain Broccoli and I come from the cruciferous clan. The flower petals on cruciferous vegetables look like a cross. I'm a cousin to cabbage and cauliflower, and I grow in many parts of Texas. I really prefer cool weather, and hate hot weather. I am often boiled, roasted or steamed, but can also be eaten raw. My head is made up of tiny flower buds. If you don't pick me early enough, my head turns into a bunch of yellow flowers.



Draw Captain Broccoli's FIRST MATE



FUN FACT

Broccoli has been around for more than 2,000 years and has been grown in the United States for more than 200 years!



Chicken and Broccoli BAKE

Joke of the MONTH

Q: What do you call a vampire who grows broccoli?

A: Count Broccula

INGREDIENTS

- 1 cup rice, uncooked
- 1 broccoli, frozen (10 ounce package)
- 3 cups chicken, cooked
- 2 tablespoons margarine (or butter)
- ¼ cup flour
- 2 cups chicken broth
- ¼ cup Parmesan cheese (optional)

PREPARATION

1. Cook rice in 2 cups of water.
2. Let broccoli thaw.
3. Chicken should be off the bone.
4. Melt butter in large sauce pan.
5. Add flour to melted margarine and stir. This will be lumpy.
6. Use broth from chicken you cooked or use canned chicken broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken.
7. Add cheese and stir.
8. Add rice, broccoli and chicken. Stir.
9. Put in a casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated.

Recipes courtesy of: www.whatscooking.lns.usda.gov

+200



+100

