

# APRIL 2018

MON

TUE

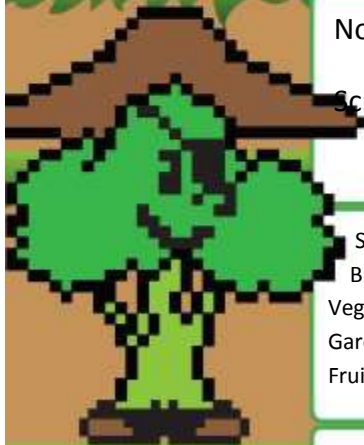
WED

THUR

FRI

Country Fried Steak Mashed Potatoes Gravy, Roll Green Beans, Fruit Milk Variety 2	Nachos Refried Beans Spanish Rice Fruit Milk Variety 3	Chicken Tenders Gravy, Potato Wedges Veggie Cup Fruit, Milk variety 4	Chicken Spaghetti Breadsticks Vegetable Garden Salad Fruit, Milk Variety 5	Pepperoni Pizza Vegetables Garden Salad Fruit Milk Variety 6
Steak Fingers Mashed Potato Gravy, Roll Green Beans Fruit, Milk Variety 9	Frito Pie Charro Beans Garden Salad Fruit Milk Variety 10	Chicken Alfredo Breadsticks Tuscan Vegetables Garden Salad Fruit, Milk Variety 11	Corn Dogs Fries Veggie Cup Fruit Milk Variety 12	Hot Ham & Cheese Sandwich Chips Veggie Cup Fruit, Milk Variety 13
No School 16	No School 17	Taquito & Queso Charro Beans Spanish Rice Fruit Milk Variety 18	Chicken Nuggets Mac & Cheese Green Beans Fruit Milk Variety 19	Cheese Pizza Corn Garden Salad Fruit Milk Variety 20
Spaghetti Breadsticks Vegetables Garden Salad Fruit, Milk Variety 23	Ham/Cheeseburger Chips Baked Beans Fruit Milk Variety 24	Texas Chili Cornbread Veggie Cup Fruit Milk Variety 25	Sloppy Joes Fries Garden Salad Fruit Milk Variety 26	No School 27
No School 30				

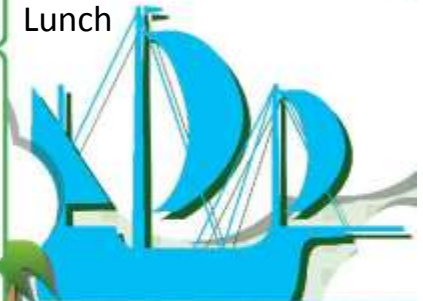
+200  
+100  
+50



Fun facts  
on back!

Good  
Eats at:

Miami ISD  
Lunch



Special  
Announcements

**'YOU ART WHAT YOU EAT'**  
ART CONTEST CONTINUES. ENTER TODAY!  
[squaremeals.org/artcontest](http://squaremeals.org/artcontest)



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



# Launch PAD

## BROCCOLI GROWING REGIONS



1. Winter Garden
2. Rio Grande Valley



## Healing HERO

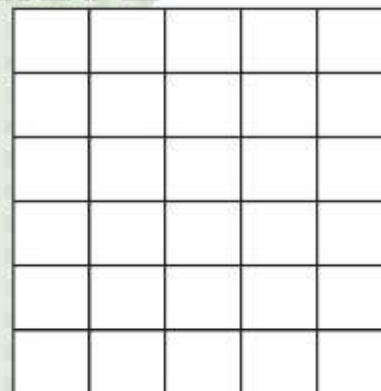
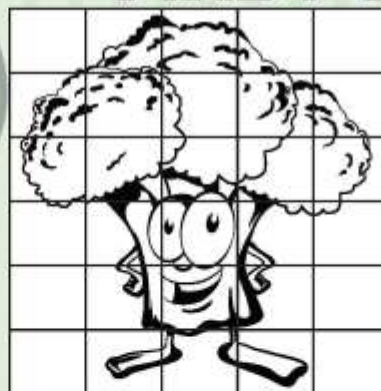
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

## 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

### 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.

## Joke of the MONTH

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

A: Count Broccoli

+200



+100

