

# APRIL 2018

MON

TUE

WED

THUR

FRI



2

Breakfast: Muffins, Juice, Fresh Fruit, jelly  
Lunch: Chicken Strips, mashed potato, gravy, green beans, roll, Peaches

3

Breakfast: Biscuit, sausage gravy, fresh fruit, juice, jelly  
Lunch: Nachos, Choro beans, cornbread, salad, Banana

4

Breakfast: Breakfast Burrito, Fresh Fruit, Juice, Jelly, Salsa  
Lunch: Grilled Ham & Cheese, Tomato Soup, pickle spears, Oranges

5

Breakfast: Chicken Biscuit, Jelly, Juice, Fresh Fruit  
Lunch: Pizza, Salad, Carrots, Fruit smoothie

6

Breakfast: Omelet, Bacon, Toast, Fresh fruit, Juice, Jelly, Salsa  
Lunch: Popcorn Chicken Corn, Fries, Roll, Strawberries

9

Breakfast: Sausage roll, Fresh fruit, Juice, jelly  
Lunch: Sweet Asian Chicken, Broccoli, Carrot Sticks, Brown Rice, Egg roll, mandarin oranges, Fortune cookie

10

Breakfast: Biscuit, Sausage, Gravy, Fresh Fruit, Juice, Jell  
Lunch: Taco's, Cornbread, Salad, Choro Beans, grapes

11

Breakfast: Breakfast on a stick, syrup, fresh fruit, juice, jelly  
Lunch: Salisbury Steak Mashed Potato, roll, mix. Veggies, Brown Gravy, pears

12

Breakfast: Chicken Biscuit, Jelly, Juice, Fresh fruit, Syrup  
Lunch: BBQ Sandwich, Baked Beans, Sidekicks, Chips, Oranges, Pickle.

13

Breakfast: French Toast Fresh Fruit, Juice, Jelly, Syrup  
Lunch: Chicken nuggets, Fries, Black-eyed peas, Roll, Pineapple

16

Breakfast: breakfast pizza, fresh fruit, juice, jelly Salsa  
Lunch: Chicken Spaghetti, Salad, Carrots, Garlic Stick, Peaches

17

Breakfast: Biscuit, sausage, gravy, fresh fruit, juice, Jelly  
Lunch: Chicken Quesadilla, Corn, Pinto Beans, Banana

18

Breakfast: Muffin, Fresh Fruit, Juice, jelly  
Lunch: Pizza, Romaine Salad, Cucumber slices, Fruit sidekick,

19

Breakfast: Chicken Biscuit, Jelly, Juice, Fresh Fruit  
Lunch: Grilled or Hot & Spicy Chicken Sandwich, HB salad, sweet fries, apple

20

Breakfast: Breakfast Bar, Fresh Fruit, Juice, Jelly  
Lunch: Steak Fingers, Mashed Potato, gravy, Roll, Black-eyed Peas, Mixed Fruit

23

Breakfast: Cinnamon Rolls, Fresh Fruit, Juice, Jelly  
Lunch: Corn dog, Fries, Salad, Pears, Mac & Cheese

24

Breakfast: Biscuit, sausage gravy, fresh fruit, juice, Jelly  
Lunch: Chicken Enchilada, refried beans, Salad, grapes, Sugar Cookie

25

Breakfast: Breakfast On a stick, fresh fruit, Juice, jelly, Syrup  
Lunch: Chicken Alfredo, Broccoli, Carrot Sticks, Garlic Sticks, Mandarin Oranges

26

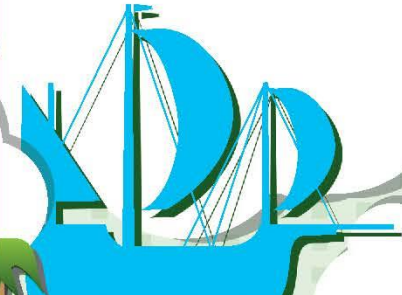
Breakfast: Chicken Biscuit, Jelly, Juice, Fresh fruit, Syrup  
Lunch: Hamburger, or cheeseburger, HB salad, Chips Sidekick, oranges

27

Breakfast: French Toast, Fresh Fruit, Juice, Jelly,  
Lunch: Chicken Parmesan, Romaine salad, Carrots, Garlic Sticks, Pineapple

30

Good Eats at:  
Gordon ISD



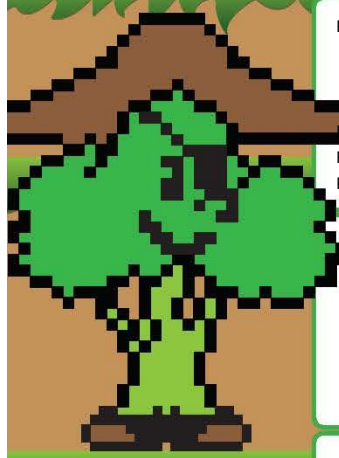
## SPECIAL ANNOUNCEMENTS

- Choice of Milk is available with every meal.
- Water available with every meal
- Cereal w/ Toast available as a choice With every breakfast
- Yogurt w/ Toast and Granola available as a choice with every breakfast
- Lunch: Chef Salad or Baked Potato w/small salad offered as a Choice on Monday's, Wednesdays and Friday's.

Choice of Turkey & Ham Panini Sandwich or PB&J sandwich. On Tuesday's and Thursday

Best time to pay on Lunch Account is 9-10

+200  
+100  
+50



Fun facts on back!

**'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

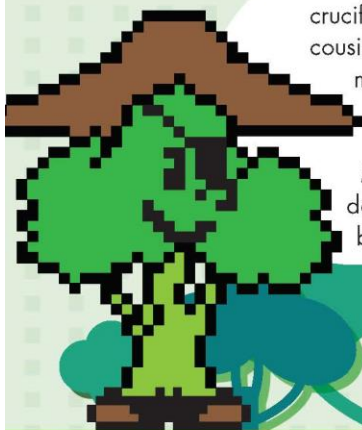


## Healing HERO

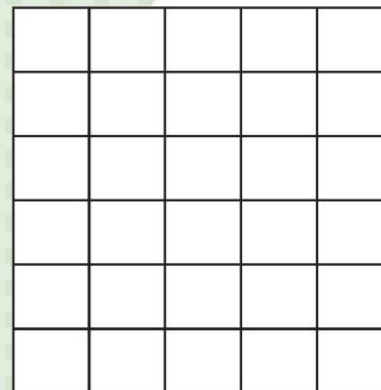
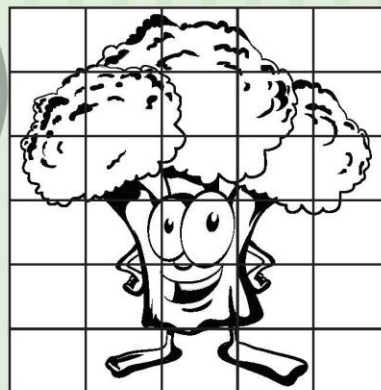
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

## 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

## 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.

+200



+100



Recipes courtesy of: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)