

CRUCIFEROUS WORLD 

APRIL 2018

MON

TUE

WED

THUR

FRI

SNOW DAY
NO LUNCH

2

Pepperoni Pizza
Corn
Tossed Salad
Cherry Tomatoes
Fruit and Milk

3

Crispy Beef Tacos
Lettuce & Tomato
Rice
Pinto Beans
Fruit and Milk

4

Lasagna
Garlic Bread Stick
w/ Marinara Sauce
Garden Salad
Fruit and Milk

5

Chicken Patty
Whole Wheat Roll &
Honey
Mashed Potatoes &
Gravy
Fruit and Milk

6

+200

+100

+50

Chicken Nuggets
Mixed Veggies
Cherry Tomato
Celery Sticks
Fruit and Milk

9

Super Nachos
Refried Beans
Spanish Rice
Fruit
Milk

10

Cheese Breadsticks
w/ Marinara Sauce
Seasoned Corn
Tossed Salad
Fruit and Milk

11

Hamburger on WG
Bun
Lettuce and
Tomato
Oven Fries
Fruit and Milk

12

Cheese Pizza
Broccoli Florets
Fresh Baby Carrots
Fresh Citrus Fruit
Cup and Milk

13

Chicken Pasta
Garlic Bread
Tossed Salad
Seasoned Peas
Fruit and Milk

16

Turkey & Cheese
Sub Sandwich
Leaf Lettuce
Tomato Slice
Sweet Potato Fries
Fruit and Milk

17

Popcorn Chicken
Fresh Snow Peas
Baked Beans
Summer Fruit Salad
Fruit and Milk

18

Chicken Patty
Whole Wheat Roll
& Honey
Mashed Potatoes &
Gravy
Fruit and Milk

19

Pepperoni Pizza
Corn
Tossed Salad
Cherry Tomatoes
Fruit and Milk

20

NOON DISMISSAL
NO LUNCH

23

Spaghetti w/ meat
Sauce
Garden Salad
Corn
Fruit and Milk

24

Popcorn Chicken
Fresh Snow Peas
Baked Beans
Summer Fruit Salad
Fruit and Milk

25

Cheese Pizza
Broccoli Florets
Fresh Baby Carrots
Fresh Citrus Cup
Milk

26

Hamburger on WG
Bun
Lettuce and
Tomato
Oven Fries
Fruit and Milk

27

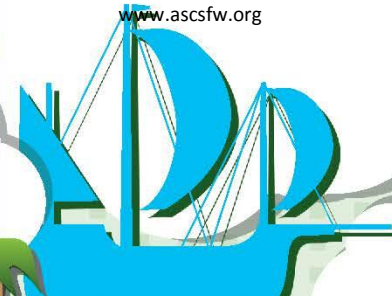
Pepperoni Pizza
Corn
Tossed Salad
Cherry Tomatoes
Fruit and Milk

30

Good Eats at:

All Saints Catholic School
2006 N. Houston Fort Worth, TX 76164

www.ascsfw.org



SPECIAL ANNOUNCEMENTS

LUNCH PRICES

Reduced \$0.40
Student \$3.50
Adult: \$4.00

A LA CARTE PRICES

Milk or Juice \$0.50
Ice Dog Slushie \$1.00

Fun facts
on back!

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



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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

Launch PAD

BROCCOLI GROWING REGIONS



1. Winter Garden
2. Rio Grande Valley



Healing HERO

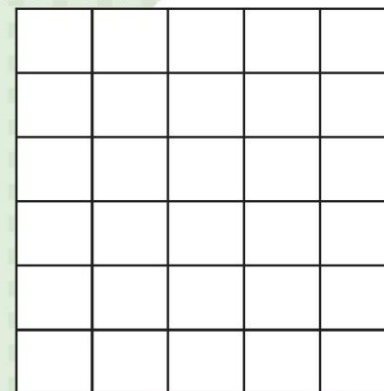
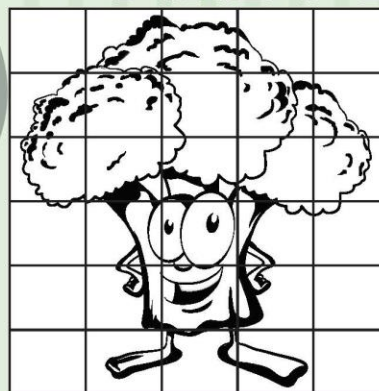
I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

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.fns.usda.gov

