

APRIL 2018

MON TUE WED THUR FRI

NO SCHOOL	SAUSAGE, BISCUIT, MUFFIN, YOGURT, FRUIT, JUICE, MILK	CHICKEN-N-WAFFLE, CEREAL, TOAST, FRUIT, JUICE, MILK	PANCAKES, SAUSAGE, CEREAL BAR, YOGURT, FRUIT JUICE, MILK	DUTCH WAFFLE, BACON, BREAKFAST ROUND, YOGURT, FRUIT, JUICE, MILK
2	36	35	4	33
BREAKFAST PIZZA, MUFFIN, YOGURT, FRUIT, JUICE, MILK	CHICKEN-N-BISCUIT BREAKFAST STRUDEL, CHEESE STICK, FRUIT, JUICE MILK	BISCUIT, SCRAMBLED EGGS, GRAVY, BACON, CEREAL, TOAST, FRUIT, JUICE, MILK	PANCAKE WRAP, YOGURT, CEREAL BAR, YOGURT, FRUIT JUICE, MILK	BISCUIT, SAUSAGE, MUFFIN, YOGURT, FRUIT, JUICE, MILK
32	9	10	11	12
NO SCHOOL	PANCAKES, BACON, CEREAL, TOAST, FRUIT, JUICE, MILK	FRENCH TOAST, SAUSAGE, MUFFIN, YOGURT, FRUIT, JUICE, MILK	BREAKFAST STRUDEL, YOGURT, PBJ, FRUIT, JUICE, MILK	BREAKFAST BURRITO, CEREAL, TOAST, FRUIT, JUICE, MILK
16	27	17	18	19
SAUSAGE KOLACHE, YOGURT, CEREAL, TOAST, FRUIT, JUICE, MILK	CHEESE OMELET, TOAST, BREAKFAST STRUDEL, CHEESE STICK, FRUIT, JUICE MILK	WAFFLE SAUSAGE, MUFFIN, YOGURT, FRUIT, JUICE, MILK	BREAKFAST PIZZA, CEREAL, TOAST, FRUIT, JUICE, MILK	DONUT, SAUSAGE, CEREAL, TOAST, FRUIT, JUICE, MILK
23	23	22	20	19
PANCAKES, SAUSAGE, CEREAL, TOAST, FRUIT, JUICE, MILK	'YOU ART WHAT YOU EAT' ART CONTEST CONTINUES. ENTER TODAY! squaremeals.org/artcontest			
18				

Good Eats at:
MOTLEY COUNTY I.S.D. BREAKFAST MENU

Special Announcements
HAPPY EASTER TO EVERYONE.
WE HOPE THAT YOU HAVE A WONDERFUL EASTER.
ROSALEE DAVIS
BRITTANY MOORE

+200
+100
+50

Fun facts on back!

COMMISSIONER SID MILLER

APRIL 2018

MON TUE WED THUR FRI

NO SCHOOL	CHICKEN FAJITAS, CHARRO BEANS, LITTLE TOMATOES, FRUIT MILK	CALZONE, MARINARA SAUCE, TUSCAN VEGGIES, SALAD, FRUIT MILK	GRILLED CHEESE SANDWICH, CHIPS, BROCCOLI BITES, FRESH VEGGIES, FRUIT, MILK	MOTLEY CHICKEN BOWL, GREEN BEANS, HOT ROLL, FRUIT MILK
2	3	4	5	6
TACUITO, QUESO, PINTO BEANS, CORN, FRUIT, MILK	CHILI CHEESE COMBO, FRESH VEGGIES, FRUIT MILK	CHICKEN NUGGETS, MAC AND CHEESE, GREEN BEANS, SALAD, FRUIT MILK	PIZZA, CORN, TINY TOMATOES, FRUIT MILK	HOT DOGS, BABY CARROTS, CHIPS, GRAPES, COOKIE
9	10	11	12	13
NO SCHOOL	STEAK FINGERS, MASHED POTATOES, GRAVY, SLICE CARROTS, HOT ROLL, STRAWBERRIES, BANANAS, MILK	SPAGHETTI, BREADSTICK, SALAD, CALIF BLEND, FRUIT MILK	CHICKEN QUESADILLA, CORN, REFRIED BEANS, FRUIT MILK	SLOPPY JOE SANDWICH, OVEN FRIES, BROCCOLI BITES, FRUIT MILK
16	17	18	19	20
PIZZA, BABY CARROTS, CORN, FRUIT, COOKIE MILK	FRITO PIE, PINTO BEANS, FRESH VEGGIES, FRUIT MILK	CHICKEN NUGGETS, MASHED POTATOES, HOT ROLL, SALAD, TUSCAN VEGGIES, FRUIT MILK	CHEESEBURGER, OVEN FRIES, BABY CARROTS, FRUIT MILK	CHICKEN PARMESAN, BREADSTICK, SALAD, GREEN BEANS, FRUIT MILK
23	24	25	26	27
CORN DOG, BAKED BEANS, TATER TOTS, FRUIT MILK	'YOU ART WHAT YOU EAT' ART CONTEST CONTINUES. ENTER TODAY! squaremeals.org/artcontest			
30				

Good Eats at:
MOTLEY COUNTY I.S.D. LUNCH MENU

Special Announcements

+200
+100
+50

Fun facts on back!

COMMISSIONER SID MILLER

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LAUNCH PAD

BROCCOLI GROWING REGIONS

1. Winter Garden
2. Rio Grande Valley

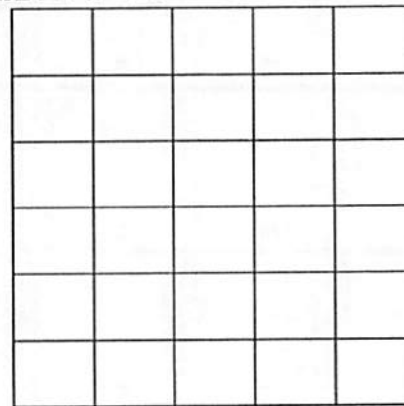
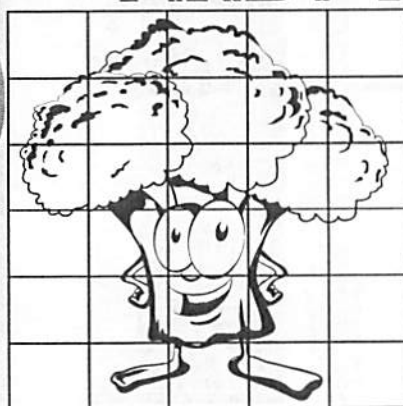
BROCCOLI

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.

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.

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

+200



+100

