



AUGUST

2020

East Texas Food Bank



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7.

Meal 1
Wow Butter w/jelly
Graham Crackers
Pineapple s
Cheez-its
Juice
Milk
10.

Meal 2
Jalapeno Cheese w/meat stick
Goldfish
Applesauce
Sunflower Seeds
Juice
Milk
11.

Meal 3
Cheddar Cheese
Marinara Sauce
Pizza Crackers
Sunflower Kernels
Juice
Milk
12.

Meal 4
Gouda Cheese w/ meat stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Milk
13.

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk
14.

Meal 1
Wow Butter w/jelly
Graham Crackers
Pineapple s
Cheez-its
Juice
Milk
17.

Meal 2
Jalapeno Cheese w/meat stick
Goldfish
Applesauce
Sunflower Seeds
Juice
Milk
18.

Meal 3
Cheddar Cheese
Marinara Sauce
Pizza Crackers
Sunflower Kernels
Juice
Milk
19.

Meal 4
Gouda Cheese w/ meat stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Milk
20.

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk
21.

Meal 1
Wow Butter w/jelly
Graham Crackers
Pineapple s
Cheez-its
Juice
Milk
24.

Meal 2
Jalapeno Cheese w/meat stick
Goldfish
Applesauce
Sunflower Seeds
Juice
Milk
25.

Meal 3
Cheddar Cheese
Marinara Sauce
Pizza Crackers
Sunflower Kernels
Juice
Milk
26.

Meal 4
Gouda Cheese w/ meat stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Milk
27.

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk
28.

Meal 1
Wow Butter w/jelly
Graham Crackers
Pineapple s
Cheez-its
Juice
Milk
31.

Special Announcements:

Welcome Back to School



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program

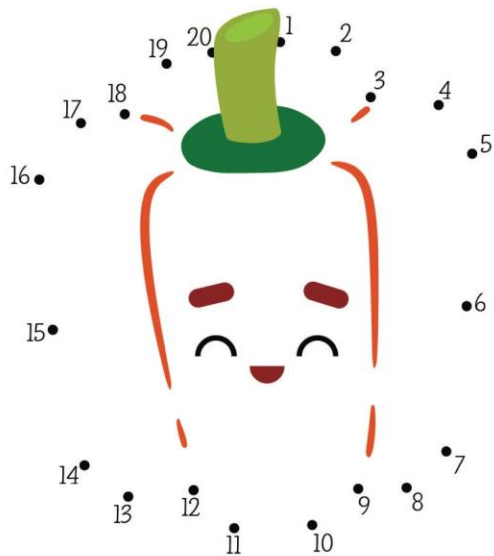


Updated 01/2020
www.SquareMeals.org

PLATENARY PEPPERS

Our solar system has eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. The largest planet is Jupiter and the smallest planet is Mercury. There are five official dwarf planets in our solar system: Ceres, Pluto, Haumea, Makemake, and Eris. More dwarf planets are waiting for official classification, and up to 10,000 dwarf planets may exist in our solar system.

CONNECT THE DOTS



DID YOU KNOW?

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become.

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium. Vitamin C helps your body heal from falls and scrapes and vitamin B6 supports normal nervous system function and brain development.



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