



AUGUST

2020

East Texas Food Bank



m
3.

Comida 1
Wow mantequilla con gelatina
Galletas graham
Piñas
Cheez-its
Jugo
Leche

10.

Comida 1
Wow mantequilla con gelatina
Galletas graham
Piñas
Cheez-its
Jugo
Leche

17.

Comida 1
Wow mantequilla con gelatina
Galletas graham
Piñas
Cheez-its
Jugo
Leche

24.

Comida 1
Wow mantequilla con gelatina
Galletas graham
Piñas
Cheez-its
Jugo
Leche

31.

Meal 1

t
4.

Comida 2
Queso Jalapeño con Palito de Carne
Pez de colores
Disparate
Semillas de girasol
Jugo
Leche

11.

Comida 2
Queso Jalapeño con Palito de Carne
Pez de colores
Disparate
Semillas de girasol
Jugo
Leche

18.

Comida 2
Queso Jalapeño con Palito de Carne
Pez de colores
Disparate
Semillas de girasol
Jugo
Leche

25.

w
5.

Comida 3
Queso cheddar
Salsa marinara
Galletas De Pizza
Granos de girasol
Jugo
Leche

12.

Comida 3
Queso cheddar
Salsa marinara
Galletas De Pizza
Granos de girasol
Jugo
Leche

19.

Comida 3
Queso cheddar
Salsa marinara
Galletas De Pizza
Granos de girasol
Jugo
Leche

26.

th
6.

Comida 4
Queso Gouda con palo de carne
Piñas
Cheez-its
Granos de girasol
Jugo
Leche

13.

Comida 4
Queso Gouda con palo de carne
Piñas
Cheez-its
Granos de girasol
Jugo
Leche

20.

Comida 4
Queso Gouda con palo de carne
Piñas
Cheez-its
Granos de girasol
Jugo
Leche

27.

f
7.

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk

14.

Comida 5
Ensalada de pollo
Galletas Ritz
Disparate
Cookies educativas
Jugo
Leche

21.

Comida 5
Ensalada de pollo
Galletas Ritz
Disparate
Cookies educativas
Jugo
Leche

28.

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

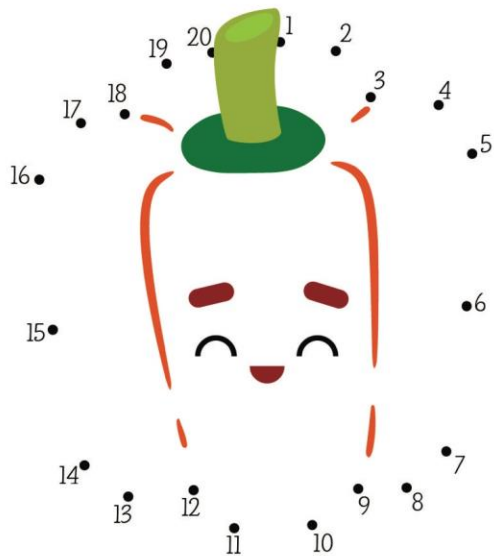


Updated 01/2020
www.SquareMeals.org

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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