



OCTOBER

2020

East Texas food Bank



Special Announcements:

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

5.

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

6.

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

7.

Meal 4
Gouda Cheese w/ meat stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Mil

8.

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk

9.

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

12.

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

13.

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

14.

Meal 4
Gouda Cheese w/ meat stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Mil

15.

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk

16.

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

19.

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

20.

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

21.

Meal 4
Gouda Cheese w/ meat stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Mil

22.

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk

23.

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

26.

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

27.

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

28.

Meal 4
Gouda Cheese w/ meat stick
Pineapples
Cheez-its
Sunflower Kernels
Juice
Mil

29.

Meal 5
Chicken Salad
Ritz Crackers
Applesauce
Educational Cookies
Juice
Milk

30.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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- National School Lunch Week Oct. 12-16



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



Updated 01/2020
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CONSTELLATION CHICKEN



A constellation is a group of visible stars that form a pattern or picture in the sky. The pattern they form may take the shape of an animal, a mythological creature, a man, a woman, or an inanimate object. Astronomers recognize 88 different constellations. The smallest constellation is the Southern Cross, Crux, and the largest constellation is the Water Snake, Hydra.

DID YOU KNOW?

National School Lunch Week is this month! Look for proteins like chicken in your school cafeteria and try new foods from Texas farms and ranches! Milk, lean meat, fruit, vegetables, and whole grains can all be part of a healthy school lunch – and they're all produced right here in Texas.

Chicken is an excellent source of protein. Protein is important because it builds muscles and helps keep your body strong. Chicken is also low in fat, making it a healthy choice for any meal.



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FIND THE DIFFERENCE

One of the chickens is not like the other. Circle the one you think it could be.



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