



OCTOBER

2020



East Texas food Bank



Special Announcements:

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

5.

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

6.

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

7.

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

1.

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

2.

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

12.

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

13.

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

14.

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

15.

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

16.

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

19.

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

20.

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

21.

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

22.

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

23.

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

26.

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

27.

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

28.

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

29.

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

30.

- National School Lunch Week Oct. 12-16



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



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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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