

AUG 2022

GEAR UP FOR
S.T.E.M.



ANNOUNCEMENTS:



Submit Your Artwork!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

5

8

9

Meal 3

10

Meal 4

11

Meal 5

12

Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Juice
Milk

Beef Stick
Cheddar Cheese Plank
Crackers
Applesauce
Juice
Milk

Chocolate Sunbutter
Honey Graham Crackers
Applesauce
Sunflower Kernels
Juice
Milk

Meal 1

15

Meal 2

16

Meal 3

17

Meal 4

18

Meal 5

19

Summer Berry Yogurt
Sunflower Kernels
Cinnamon Toast Crunch
Raisians
Juice
Milk

Mozzarella Cheese Stick
Sunflower Kernels
Coco Crispy Bites
Raisians
Juice
Milk

Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Craisians
Juice
Milk

Beef Stick
Cheddar Cheese Plank
Crackers
Applesauce
Juice
Milk

Chocolate Sunbutter
Honey Graham Crackers
Applesauce
Sunflower Kernels
Juice
Milk

Meal 1

22

Meal 2

23

Meal 3

24

Meal 4

25

Meal 5

26

Summer Berry Yogurt
Sunflower Kernels
Cinnamon Toast Crunch
Craisians
Juice
Milk

Mozzarella Cheese Stick
Sunflower Kernels
Coco Crispy Bites
Orange Dream Applesauce
Juice
Milk

Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Juice
Milk

Beef Stick
Cheddar Cheese Plank
Crackers
Applesauce
Juice
Milk

Chocolate Sunbutter
Honey Graham Crackers
Applesauce
Sunflower Kernels
Juice
Milk

Meal 1

29

Meal 2

30

Meal 3

31

Summer Berry Yogurt
Sunflower Kernels
Cinnamon Toast Crunch
Craisians
Juice
Milk

Mozzarella Cheese Stick
Sunflower Kernels
Coco Crispy Bites
Orange Dream Applesauce
Juice
Milk

Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Juice
Milk



Food and Nutrition Division
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 1/1/2022
www.SquareMeals.org