

# East Texas Food Bank

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### 3<sup>RD</sup> Meal 1 and 61445

Summer Berry Yogurt  
Sunflower Kernels  
Cinnamon Toast Crunch  
Raisins  
Juice  
Milk

### 4<sup>TH</sup> Meal 2

Mozzarella Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Applesauce  
Juice  
Milk

### 5<sup>TH</sup> Meal 3 and 61437

Bean Dip  
Chips  
Sunflower Kernels  
Salsa Cup  
Applesauce  
Milk

### 6<sup>TH</sup> Meal 61445

Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Juice  
Milk

### 7<sup>TH</sup> Meal 61437

Chocolate Sunbutter  
Strawberry Bites  
Applesauce  
Sunflower Kernels  
Juice  
Milk

### 10<sup>TH</sup> Meal 1

Summer Berry Yogurt  
Sunflower Kernels  
Cinnamon Toast Crunch  
Raisins  
Juice  
Milk

### 11<sup>TH</sup> Meal 2

Mozzarella Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Applesauce  
Juice  
Milk

### 12<sup>TH</sup> Meal 3

Bean Dip  
Chips  
Sunflower Kernels  
Salsa Cup  
Applesauce  
Milk

### 13<sup>TH</sup> Meal 61445

Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Juice  
Milk

### 14<sup>TH</sup> Meal 61437

Chocolate Sunbutter  
Strawberry Bites  
Applesauce  
Sunflower Kernels  
Juice  
Milk

### 17<sup>TH</sup> Meal 1

Summer Berry Yogurt  
Sunflower Kernels  
Cinnamon Toast Crunch  
Raisins  
Juice  
Milk

### 18<sup>TH</sup> Meal 2

Mozzarella Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Applesauce  
Juice  
Milk

### 19<sup>TH</sup> Meal 3

Bean Dip  
Chips  
Sunflower Kernels  
Salsa Cup  
Applesauce  
Milk

### 20<sup>TH</sup> Meal 61445

Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Juice  
Milk

### 21<sup>ST</sup> Meal 61437

Chocolate Sunbutter  
Strawberry Bites  
Applesauce  
Sunflower Kernels  
Juice  
Milk

### 24<sup>TH</sup> Meal 1

Summer Berry Yogurt  
Sunflower Kernels  
Cinnamon Toast Crunch  
Raisins  
Juice  
Milk

### 25<sup>TH</sup> Meal 2

Mozzarella Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Applesauce  
Juice  
Milk

### 26<sup>TH</sup> Meal 3

Bean Dip  
Chips  
Sunflower Kernels  
Salsa Cup  
Applesauce  
Milk

### 27<sup>TH</sup> Meal 61445

Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Juice  
Milk

### 28<sup>TH</sup> Meal 61437

Chocolate Sunbutter  
Strawberry Bites  
Applesauce  
Sunflower Kernels  
Juice  
Milk

### 31<sup>ST</sup> Meal 1

Summer Berry Yogurt  
Sunflower Kernels  
Cinnamon Toast Crunch  
Raisins  
Juice and Milk

# OCT

## MENU 2022

### GEAR UP FOR SWIM CLASS



### ANNOUNCEMENTS:



*Columbus Day*



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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www.SquareMeals.org