

# East Texas Food Bank

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**3<sup>RD</sup> Meal 1**  
 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**  
 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**

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



Updated 10/1/2022  
[www.SquareMeals.org](http://www.SquareMeals.org)