

# East Texas Food Bank

# NOV

## MENU 2022

### GEAR UP FOR TURKEY TROT

#### MARATHON



**ANNOUNCEMENTS:**  
Thanksgiving Break  
Nov. 21<sup>st</sup> – 25<sup>th</sup>



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1<sup>ST</sup> **Meal 2**  
Mozzarella Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Applesauce  
Juice  
Milk

2<sup>ND</sup> **Meal 3**  
Bean Dip  
Chips  
Sunflower Kernels  
Salsa Cup  
Applesauce  
Milk

3<sup>RD</sup> **Meal 61445/4**  
Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Juice  
Milk

4<sup>TH</sup> **Meal 61437/5**  
Chocolate No Nut Butter  
Strawberry Bites  
Applesauce  
Sunflower Kernels  
Juice  
Milk

7<sup>TH</sup> **Meal 1**  
Summer Berry Yogurt  
Sunflower Kernels  
Cinnamon Toast Crunch  
Applesauce  
Juice  
Milk

8<sup>TH</sup> **Meal 2**  
Mozzarella Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Applesauce  
Juice and Milk

9<sup>TH</sup> **Meal 3**  
Bean Dip  
Chips  
Sunflower Kernels  
Salsa Cup  
Applesauce  
Milk

10<sup>TH</sup> **Meal 61445/4**  
Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Juice  
Milk

11<sup>TH</sup> **Meal 61437/5**  
Chocolate No Nut Butter  
Strawberry Bites  
Applesauce  
Sunflower Kernels  
Juice  
Milk

14<sup>TH</sup> **Meal 1**  
Summer Berry Yogurt  
Sunflower Kernels  
Cinnamon Toast Crunch  
Applesauce  
Juice  
Milk

15<sup>TH</sup> **Meal 2**  
Mozzarella Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Applesauce  
Juice  
Milk

16<sup>TH</sup> **Meal 3**  
Bean Dip  
Chips  
Sunflower Kernels  
Salsa Cup  
Applesauce  
Milk

17<sup>TH</sup> **Meal 61445/4**  
Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Juice  
Milk

18<sup>TH</sup> **Meal 61437/5**  
Chocolate No Nut Butter  
Strawberry Bites  
Applesauce  
Sunflower Kernels  
Juice  
Milk

21<sup>ST</sup>

22<sup>ND</sup>

23<sup>RD</sup>

24<sup>TH</sup>

25<sup>TH</sup>

28<sup>TH</sup> **Meal 1**  
Summer Berry Yogurt  
Sunflower Kernels  
Cinnamon Toast Crunch  
Applesauce  
Juice and Milk

29<sup>TH</sup> **Meal 2**  
Mozzarella Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Applesauce  
Juice and Milk

30<sup>TH</sup> **Meal 3**  
Bean Dip  
Chips  
Sunflower Kernels  
Salsa Cup  
Applesauce and Milk



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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



Food and Nutrition Division  
National School Lunch Program



Updated 11/1/2022  
www.SquareMeals.org