

# East Texas Food Bank

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Blank meal box for Monday.

Blank meal box for Tuesday.

Blank meal box for Wednesday.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

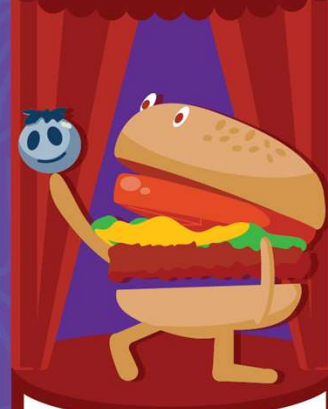
**29<sup>TH</sup> Meal 61445/4**  
 Beef Stick  
 Sunflower Kernels  
 Cheez-It  
 Raisins  
 Juice and Milk

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

# DEC

## MENU 2022

### GEAR UP FOR THEATER



### ANNOUNCEMENTS:



December 25, 2022



Food and Nutrition Division  
 National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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[www.SquareMeals.org](http://www.SquareMeals.org)