

East Texas Food Bank

MONDAY

2ND Meal 1

Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

TUESDAY

3RD Meal 61445/4

Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

WEDNESDAY

4TH Meal 61437/5

Chocolate No Nut Butter
Sunflower Kernels
Strawberry Bites
Applesauce
Milk and Juice

THURSDAY

5TH Meal 61445/4

Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

FRIDAY

6TH Meal 61437/5

Chocolate No Nut Butter
Sunflower Kernels
Strawberry Bites
Applesauce
Milk and Juice

9TH Meal 1

Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

10TH Meal 2

Cheese Stick
Sunflower Kernels
Coco Crisp Bites
Applesauce
Milk and Juice

11TH Meal 3

Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Milk and Juice

12TH Meal 61445/4

Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

13TH Meal 61437/5

Chocolate No Nut Butter
Sunflower Kernels
Strawberry Bites
Applesauce
Milk and Juice

16TH



17TH Meal 2

Cheese Stick
Sunflower Kernels
Coco Crisp Bites
Applesauce
Milk and Juice

18TH Meal 3

Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Milk and Juice

19TH Meal 61445/4

Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

20TH Meal 61437/5

Chocolate No Nut Butter
Sunflower Kernels
Strawberry Bites
Applesauce
Milk and Juice

23RD Meal 1

Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

24TH Meal 2

Cheese Stick
Sunflower Kernels
Coco Crisp Bites
Applesauce
Milk and Juice

25TH Meal 3

Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Milk and Juice

26TH Meal 61445/4

Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

27TH Meal 61437/5

Chocolate No Nut Butter
Sunflower Kernels
Strawberry Bites
Applesauce
Milk and Juice

30TH Meal 1

Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

31ST Meal 2

Cheese Stick
Sunflower Kernels
Coco Crisp Bites
Applesauce
Milk and Juice

JAN

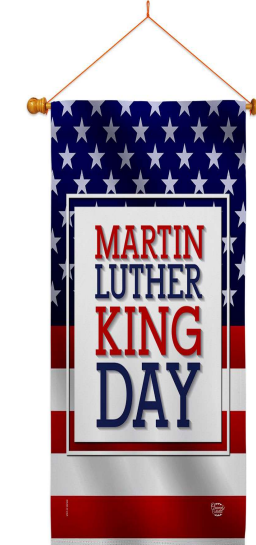
MENU 2023

GEAR UP FOR GYM



ANNOUNCEMENTS:

January 16, 2023



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 1/1/2023
www.SquareMeals.org