

# East Texas Food Bank

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

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

Yogurt  
Sunflower Kernels  
Cereal  
Applesauce  
Milk and Juice

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

Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Fruit Barrel  
Milk and Juice

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

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

### 9<sup>TH</sup> Meal 61445/4

Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Milk and Juice

### 10<sup>TH</sup> Meal 5/ 61435

BBQ Chicken Bites  
Sunflower Kernels  
Cheez-It  
Raisins  
Milk and Juice

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

Yogurt  
Sunflower Kernels  
Cereal  
Applesauce  
Milk and Juice

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

Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Fruit Barrel  
Milk and Juice

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

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

### 16<sup>TH</sup> Meal 61445/4

Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Milk and Juice

### 17<sup>TH</sup> Meal 5/ 61435

BBQ Chicken Bites  
Sunflower Kernels  
Cheez-It  
Raisins  
Milk and Juice

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

Yogurt  
Sunflower Kernels  
Cereal  
Applesauce  
Milk and Juice

### 21<sup>ST</sup> Meal 2

Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Fruit Barrel  
Milk and Juice

### 22<sup>ND</sup> Meal 3

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

### 23<sup>RD</sup> Meal 61445/4

Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Milk and Juice

### 24<sup>TH</sup> Meal 5/ 61435

BBQ Chicken Bites  
Sunflower Kernels  
Cheez-It  
Raisins  
Milk and Juice

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

Yogurt  
Sunflower Kernels  
Cereal  
Applesauce  
Milk and Juice

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

Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Fruit Barrel  
Milk and Juice

# FEB

## MENU 2023

GEAR UP FOR  
**TRACK  
& FIELD**



### ANNOUNCEMENTS:

- February 20, 2023



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Updated 2/1/2023  
www.SquareMeals.org

# East Texas Food Bank

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

6<sup>TH</sup> Menu Goes Here

7<sup>TH</sup> Menu Goes Here

8<sup>TH</sup> Menu Goes Here

9<sup>TH</sup> Menu Goes Here

10<sup>TH</sup> Meal 5/ 61435

BBQ Chicken Bites  
Sunflower Kernels  
Cheez-It  
Raisins  
Milk and Juice

13<sup>TH</sup> Menu Goes Here

14<sup>TH</sup> Menu Goes Here

15<sup>TH</sup> Menu Goes Here

16<sup>TH</sup> Menu Goes Here

17<sup>TH</sup> Meal 1

Yogurt  
Sunflower Kernels  
Cereal  
Applesauce  
Milk and Juice

20<sup>TH</sup> Menu Goes Here

21<sup>ST</sup> Menu Goes Here

22<sup>ND</sup> Menu Goes Here

23<sup>RD</sup> Menu Goes Here

24<sup>TH</sup> Meal 2

Cheese Stick  
Sunflower Kernels  
Coco Crisp Bites  
Fruit Barrel  
Milk and Juice

27<sup>TH</sup> Menu Goes Here

28<sup>TH</sup> Menu Goes Here

**FEB**

**MENU 2023**

**GEAR UP FOR  
TRACK  
& FIELD**



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