

East Texas Food Bank

APR

MENU 2023

GEAR UP FOR BASKETBALL



ANNOUNCEMENTS:

- TBD

MONDAY

3RD Meal 1

Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

10TH Meal 1

Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

17TH Meal 1

Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

24TH Meal 1

Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

TUESDAY

4TH Meal 2

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

11TH Meal 2

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

18TH Meal 2

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

25TH Meal 2

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

WEDNESDAY

5TH Meal 3

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

12TH Meal 3

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

19TH Meal 3

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

26TH Meal 3

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

THURSDAY

6TH Meal 61445/4

Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

13TH Meal 61445/4

Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

20TH Meal 61445/4

Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

27TH Meal 61445/4

Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

FRIDAY

7TH Meal 5/ 61435 BBQ

Chicken Bites
Sunflower Kernels
Cheez-Its
Raisins
Milk and Juice

14TH Meal 5/ 61435

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

21ST Meal 5/ 61435

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

28TH Meal 5/ 61435

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



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org