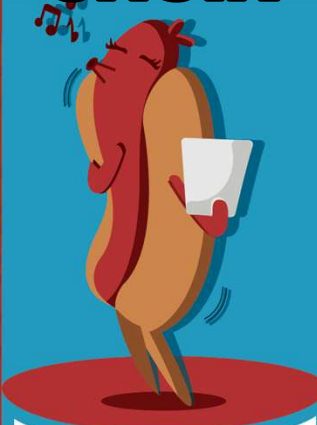


# East Texas Food Bank

# MAR

## MENU 2023

### GEAR UP FOR CHOIR



#### ANNOUNCEMENTS:

- TBD

## 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-Its  
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-Its  
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-Its  
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

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

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

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

Beef Stick  
Sunflower Kernels  
Cheez-It  
Raisins  
Milk and Juice

### 31<sup>ST</sup> 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