

East Texas Food Bank

MAY

MENU 2023

GEAR UP FOR SCIENCE



ANNOUNCEMENTS:

- TBD

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST Meal 1
Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

2ND Meal 2
Cheese Stick
Sunflower Kernels
Coco Crisp Bites
Fruit Barrel
Milk and Juice

3RD Meal 3
Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Milk and Juice

4TH Meal 61445/4
Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

5TH Meal 5/ 61435 BBQ
Chicken Bites
Sunflower Kernels
Cheez-Its
Raisins
Milk and Juice

8TH Meal 1
Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

9TH Meal 2
Cheese Stick
Sunflower Kernels
Coco Crisp Bites
Fruit Barrel
Milk and Juice

10TH Meal 3
Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Milk and Juice

11TH Meal 61445/4
Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

12TH Meal 5/ 61435
BBQ Chicken Bites
Sunflower Kernels
Cheez-Its
Raisins
Milk and Juice

15TH Meal 1
Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

16TH Meal 3
Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Milk and Juice

17TH Meal 3
Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Milk and Juice

18TH Meal 61445/4
Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

19TH Meal 5/ 61435
BBQ Chicken Bites
Sunflower Kernels
Cheez-Its
Raisins
Milk and Juice

22ND Meal 1
Yogurt
Sunflower Kernels
Cereal
Applesauce
Milk and Juice

23RD Meal 3
Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Milk and Juice

24TH Meal 3
Bean Dip and Chips
Sunflower Kernels
Salsa Cup
Applesauce
Milk and Juice

25TH Meal 61445/4
Beef Stick
Sunflower Kernels
Cheez-It
Raisins
Milk and Juice

26TH Meal 5/ 61435
BBQ Chicken Bites
Sunflower Kernels
Cheez-Its
Raisins
Milk and Juice

29TH

30TH

31ST



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org