

# East Texas Food Bank

# OCT

## MENU 2023

### MONDAY

**2<sup>ND</sup> Meal 1**  
Wow Butter  
Sunflower Kernels  
Tropical Twist Juice  
Applesauce  
Pretzel

### TUESDAY

**3<sup>RD</sup> Meal 2**  
Yogurt  
Sunflower Kernels  
Wango Mango Juice  
Applesauce  
Chocolate Grahams

### WEDNESDAY

**4<sup>TH</sup> Meal 3**  
Mozzarella Cheese  
Sunflower Kernels  
Marinara Sauce  
Sunset Sip Juice  
Pizza Crackers

### THURSDAY

**5<sup>TH</sup> Meal 4 & Meal 5**  
Bean Dip  
Sunflower Kernels  
Chips  
Paradise Punch  
Amazin Raisins

### FRIDAY

**6<sup>TH</sup> Meal 5**  
Chicken Salad  
Cheez It  
Sunflower Kernels  
Paradise Punch  
Amazin Raisins

### 9<sup>TH</sup> Meal 1 & Meal 5

Wow Butter  
Sunflower Kernels  
Tropical Twist Juice  
Applesauce  
Pretzel

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

Yogurt  
Sunflower Kernels  
Wango Mango Juice  
Applesauce  
Chocolate Grahams

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

Mozzarella Cheese  
Sunflower Kernels  
Marinara Sauce  
Sunset Sip Juice  
Pizza Crackers

### 12<sup>TH</sup> Meal 4

Bean Dip  
Sunflower Kernels  
Chips  
Paradise Punch  
Amazin Raisins

### 13<sup>TH</sup> Meal 5

Chicken Salad  
Cheez It  
Sunflower Kernels  
Paradise Punch  
Amazin Raisins

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

Wow Butter  
Sunflower Kernels  
Tropical Twist Juice  
Applesauce  
Pretzel

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

Yogurt  
Sunflower Kernels  
Wango Mango Juice  
Applesauce  
Chocolate Grahams

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

Mozzarella Cheese  
Sunflower Kernels  
Marinara Sauce  
Sunset Sip Juice  
Pizza Crackers

### 19<sup>TH</sup> Meal 4

Bean Dip  
Sunflower Kernels  
Chips  
Paradise Punch  
Amazin Raisins

### 20<sup>TH</sup> Meal 5

Chicken Salad  
Cheez It  
Sunflower Kernels  
Paradise Punch  
Amazin Raisins

### 23<sup>RD</sup> Meal 1

Wow Butter  
Sunflower Kernels  
Tropical Twist Juice  
Applesauce  
Pretzel

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

Yogurt  
Sunflower Kernels  
Wango Mango Juice  
Applesauce  
Chocolate Grahams

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

Mozzarella Cheese  
Sunflower Kernels  
Marinara Sauce  
Sunset Sip Juice  
Pizza Crackers

### 26<sup>TH</sup> Meal 4

Bean Dip  
Sunflower Kernels  
Chips  
Paradise Punch  
Amazin Raisins

### 27<sup>TH</sup> Meal 5

Chicken Salad  
Cheez It  
Sunflower Kernels  
Paradise Punch  
Amazin Raisins

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

Wow Butter  
Sunflower Kernels  
Tropical Twist Juice  
Applesauce  
Pretzel

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

Yogurt  
Sunflower Kernels  
Wango Mango Juice  
Applesauce  
Chocolate Grahams

## BAT BRIDGE AUSTIN



### ANNOUNCEMENTS:



*Columbus Day*

October 9, 2023



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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www.SquareMeals.org