

# East Texas Food Bank

# NOV

## MENU 2023

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

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

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

**8<sup>TH</sup> Meal 3 &/or Meal4**  
Mozzarella Cheese  
Sunflower Kernels  
Marinara Sauce  
Sunset Sip Juice  
Pizza Crackers

**9<sup>TH</sup> Meal 4**  
BBQ Chicken Bites  
Wheat Crackers  
Marinara Sauce  
Paradise Punch  
Raisins & Sunflower Seed

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

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

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

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

**16<sup>TH</sup> Meal 4**  
BBQ Chicken Bites  
Wheat Crackers  
Marinara Sauce  
Paradise Punch  
Raisins & Sunflower Seed

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

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

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

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



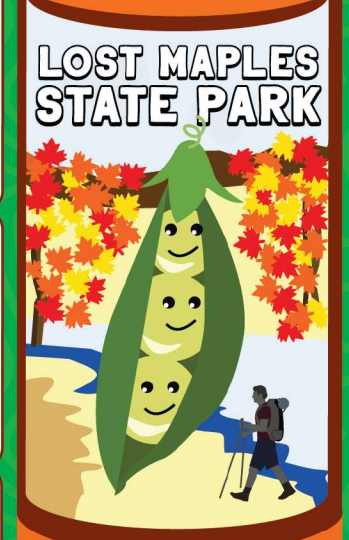
**24<sup>TH</sup> Meal 5**  
Chicken Salad  
Cheez It  
Sunflower Kernels  
Paradise Punch  
Amazin Raisins

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

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

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

**30<sup>TH</sup> Meal 4**  
BBQ Chicken Bites  
Wheat Crackers  
Marinara Sauce  
Paradise Punch  
Raisins & Sunflower Seed



**ANNOUNCEMENTS:**  
• TBD



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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www.SquareMeals.org