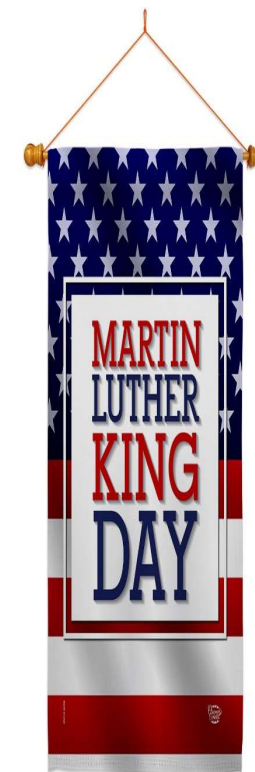


January 2025 | East Texas Food Bank



Announcements:

January 20, 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oranges</p> <p>Season in Texas: September - April</p> <p>Did you know?</p> <p>Like cantaloupes, oranges won't ripen once they're picked</p>		<p>1</p> <p>Happy New Year!</p>	<p>2 Meal 4</p> <p>Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk</p>	<p>3 Meal 5</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>6 Meal 1</p> <p>Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Teddy Grahams Milk</p>	<p>7 Meal 2</p> <p>Yogurt Sunflower Kernels Teddy Grahams Raisins Juice Milk</p>	<p>8 Meal 3 and 1</p> <p>Jalapeno Plank Sunflower Kernels Paradise Punch Juice Coco Crisp Dried Fruit Milk</p>	<p>9 Meal 4 and 2</p> <p>Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk</p>	<p>10 Meal 5 and 1</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>13 Meal 1</p> <p>Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Teddy Grahams Milk</p>	<p>14 Meal 2</p> <p>Yogurt Sunflower Kernels Teddy Grahams Raisins Juice Milk</p>	<p>15 Meal 3 and 1</p> <p>Jalapeno Plank Sunflower Kernels Paradise Punch Juice Coco Crisp Dried Fruit Milk</p>	<p>16 Meal 4 and 2</p> <p>Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk</p>	<p>17 Meal 5 and 1</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>20</p> <p><i>I have a dream...</i></p>	<p>21 Meal 2</p> <p>Yogurt Sunflower Kernels Teddy Grahams Raisins Juice Milk</p>	<p>22 Meal 3</p> <p>Jalapeno Plank Sunflower Kernels Paradise Punch Juice Coco Crisp Dried Fruit Milk</p>	<p>23 Meal 4</p> <p>Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk</p>	<p>24 Meal 5</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>27 Meal 1</p> <p>Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Teddy Grahams Milk</p>	<p>28 Meal 2</p> <p>Yogurt Sunflower Kernels Teddy Grahams Raisins Juice Milk</p>	<p>29 Meal 3</p> <p>Jalapeno Plank Sunflower Kernels Paradise Punch Juice Coco Crisp Dried Fruit Milk</p>	<p>30 Meal 4</p> <p>Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk</p>	<p>31 Meal 5</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
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