

# February 2026

## East Texas Food Bank



### Announcements

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Meal 1/ETFB 1</b> BBQ Chicken Bites Corn Nuggets Sunflower Kernels Mandarin Orange Paradise Punch	<b>3 Meal 2/ETFB 2</b> Yogurt Sunflower Kernels Craisins Cocoa Puffs Cereal Veg. Juice	<b>4 Meal 3/FFG-V1</b> Beef Stick Sunflower Kernels Applesauce Wheat Crackers Veg. Juice	<b>5 Meal 4/FFG-V6</b> Bean Dip Cheese Stick Mandarin Oranges Cheez It Crackers Paradise Punch	<b>6 Meal 5/ETFB 3</b> Chili Con Queso Sunflower Kernels Applesauce Chili Lime Crackers Apple Juice
<b>9 Meal 1/ETFB 1</b> BBQ Chicken Bites Corn Nuggets Sunflower Kernels Mandarin Orange Paradise Punch	<b>10 Meal 2/ETFB 2</b> Yogurt Sunflower Kernels Craisins Cocoa Puffs Cereal Veg. Juice	<b>11 Meal 3/FFG-V1</b> Beef Stick Sunflower Kernels Applesauce Wheat Crackers Veg. Juice	<b>12 Meal 4/FFG-V6</b> Bean Dip Cheese Stick Mandarin Oranges Cheez It Crackers Paradise Punch	<b>13 Meal 5/ETFB 3</b> Chili Con Queso Sunflower Kernels Applesauce Chili Lime Crackers Apple Juice
<b>16 Meal 1/ETFB 1</b> BBQ Chicken Bites Corn Nuggets Sunflower Kernels Mandarin Orange Paradise Punch	<b>17 Meal 2/ETFB 2</b> Yogurt Sunflower Kernels Craisins Cocoa Puffs Cereal Veg. Juice	<b>18 Meal 3/FFG-V1</b> Beef Stick Sunflower Kernels Applesauce Wheat Crackers Veg. Juice	<b>19 Meal 4/FFG-V6</b> Bean Dip Cheese Stick Mandarin Oranges Cheez It Crackers Paradise Punch	<b>20 Meal 5/ETFB 3</b> Chili Con Queso Sunflower Kernels Applesauce Chili Lime Crackers Apple Juice
<b>23 Meal 1/ETFB 1</b> BBQ Chicken Bites Corn Nuggets Sunflower Kernels Mandarin Orange Paradise Punch	<b>24 Meal 2/ETFB 2</b> Yogurt Sunflower Kernels Craisins Cocoa Puffs Cereal Veg. Juice	<b>25 Meal 3/FFG-V1</b> Beef Stick Sunflower Kernels Applesauce Wheat Crackers Veg. Juice	<b>26 Meal 4/FFG-V6</b> Bean Dip Cheese Stick Mandarin Oranges Cheez It Crackers Paradise Punch	<b>27 Meal 5/ETFB 3</b> Chili Con Queso Sunflower Kernels Applesauce Chili Lime Crackers Apple Juice



**Q:**  
 How many  
 "Conversation Hearts"  
 are made each year for  
 Valentine's Day?

**A:**  
 Over 8 billion are  
 made with sayings  
 like: Be Mine, You  
 ROCK, and Hugs!  
 They have a shelf life  
 of 5 years ☺



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



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