



August 2024 | East Texas Food Bank



Announcements:

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Bell Peppers Season in Texas: May - June; August - November Did you know? The longer a bell pepper is left to ripen, the sweeter it becomes</p>				
5	6	7	8	9
<p>12 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk</p>	<p>13 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk</p>	<p>14 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk</p>	<p>15 Meal 4 Bean Dip Ranch Cheese Plank WG Cheez-It Applesauce Power Punch Juice Milk</p>	<p>16 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>19 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk</p>	<p>20 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk</p>	<p>21 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk</p>	<p>22 Meal 4 Bean Dip Ranch Cheese Plank WG Cheez-It Applesauce Power Punch Juice Milk</p>	<p>23 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>26 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk</p>	<p>27 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk</p>	<p>28 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk</p>	<p>29 Meal 4 Bean Dip Ranch Cheese Plank WG Cheez-It Applesauce Power Punch Juice Milk</p>	<p>30 Meal 5 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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