

October 2024 | East Texas Food Bank



Announcements:



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	2 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	3 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	4 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
7 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	8 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	9 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	10 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	11 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
14 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	15 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	16 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	17 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	18 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
21 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	22 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	23 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	24 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	25 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
28 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	29 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	30 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	31 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	 Apples Season in Texas: July-November Did you know? There are about 2,500 different kinds of apples grown in the United States 



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Food and Nutrition Division
www.SquareMeals.org

This product was funded by USDA. This institution is an equal opportunity provider.



Updated 6/6/2024
 National School Lunch Program