



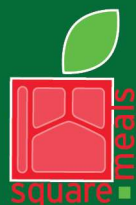
November 2024 | East Texas Food Bank



Announcements:



Monday	Tuesday	Wednesday	Thursday	Friday
 Carrots Season in Texas: August - May Did you know? You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods				
4 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	5 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	6 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	7 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	1 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
11 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	12 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	13 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	14 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	8 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
18 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	19 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	20 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	21 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	15 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
25 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	26 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	27 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	28 	22 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
29 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk				



Food and Nutrition Division
www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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



Updated 6/6/2024
 National School Lunch Program