



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>



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National School Lunch Program

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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>		1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	<p>23 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk</p>
26	27	28	29	<p>30 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk</p>



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September 2024 | East Texas Food Bank



Announcements:



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	4 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	5 Meal 4 Bean Dip Ranch Cheese Plank WG Cheez-It Applesauce Power Punch Juice Milk	6 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
9 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	10 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	11 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	12 Meal 4 Bean Dip Ranch Cheese Plank WG Cheez-It Applesauce Power Punch Juice Milk	13 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
16 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	17 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	18 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	19 Meal 4 Bean Dip Ranch Cheese Plank WG Cheez-It Applesauce Power Punch Juice Milk	20 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
23 Meal 1 and 5 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	24 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	25 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk	26 Meal 4 Bean Dip Ranch Cheese Plank WG Cheez-It Applesauce Power Punch Juice Milk	27 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
30 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk				

Watermelon

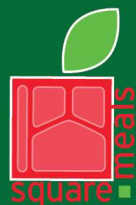
Season in Texas: May - October

Did you know?

You can eat the entire watermelon; some people make sweet pickles out of the rind



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September 2024 | East Texas Food Bank



Announcements:

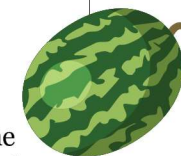
Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3	4	5	6
9	10	11	12	13 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk
16	17	18	19	20
23	24	25	26	27 Meal 4 Bean Dip Ranch Cheese Plank WG Cheez-It Applesauce Power Punch Juice Milk



Watermelon

Season in Texas: May - October
Did you know?

You can eat the entire watermelon; some people make sweet pickles out of the rind



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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 



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October 2024 | ETFB - Rusk

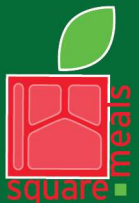


Announcements:

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
21	22	23	24	25 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
28	29	30	31	 Apples Season in Texas: July-November Did you know? There are about 2,500 different kinds of apples grown in the United States 



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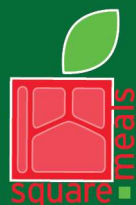
November 2024 | East Texas Food Bank



Announcements:



Monday	Tuesday	Wednesday	Thursday	Friday
 <h3>Carrots</h3> <p>Season in Texas: August - May</p> <p>Did you know?</p> <p>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</p> 				
<p>4 Meal 1</p> <p>Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk</p>	<p>5 Meal 2</p> <p>Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk</p>	<p>6 Meal 3</p> <p>Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk</p>	<p>7 Meal 4</p> <p>Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk</p>	<p>1 Meal 5</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>11 Meal 1</p> <p>Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk</p>	<p>12 Meal 2</p> <p>Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk</p>	<p>13 Meal 3</p> <p>Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk</p>	<p>14 Meal 4</p> <p>Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk</p>	<p>8 Meal 5</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>18 Meal 1</p> <p>Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk</p>	<p>19 Meal 2</p> <p>Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk</p>	<p>20 Meal 3</p> <p>Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk</p>	<p>21 Meal 4</p> <p>Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk</p>	<p>15 Meal 5</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>25 Meal 1</p> <p>Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk</p>	<p>26 Meal 2</p> <p>Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk</p>	<p>27 Meal 3</p> <p>Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Milk</p>	<p>28</p>  <p>HAPPY THANKSGIVING!</p>	<p>22 Meal 5</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>
<p>29 Meal 5</p> <p>Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk</p>				



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National School Lunch Program

November 2024 | ETFB- Rusk



Announcements:



Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;">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</p>				
4	5	6	7	8 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk
11	12	13	14	15 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk
18	19	20	21	22
25	26	27	 	29



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December 2024 | East Texas Food Bank



Announcements:



Monday	Tuesday	Wednesday	Thursday	Friday
2 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	3 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	4 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Juice Milk	5 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	6 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
9 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	10 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	11 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Juice Milk	12 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	13 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
16 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	17 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	18 Meal 3 Jalapeno Plank Sunflower Kernels Paradise Punch Juice Corn Crunch Dried Fruit Juice Milk	19 Meal 4 Bean Dip Ranch Cheese Plank Wheat Crackers Applesauce Power Punch Juice Milk	20 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
23 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	24 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk	25 	26	27 Meal 5 Apple Cinn. Butter Sunflower Kernels Goldfish Pretzels Applesauce Juice Milk
30 Meal 1 Wow Butter Sunflower Kernels Tropical Twist Juice Applesauce Pretzel Milk	31 Meal 2 Yogurt Sunflower Kernels Cinnamon Toast Crunch Raisins Juice Milk		Pomegranates Season in Texas: October - December Did you know? Pomegranate trees can live for over 200 years	



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 National School Lunch Program

December 2024 | ETFB - Rusk



Announcements:

Announcement text goes here.

Copy and paste the Texas icon as many times as you need to place on the days your menu features Texas products!



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31	  <p>Pomegranates Season in Texas: October - December Did you know? Pomegranate trees can live for over 200 years</p>		



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Updated 6/6/2024
 National School Lunch Program

January 2025 | School Name



Announcements:

Announcement text goes here.

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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</p>	<p>3</p>
<p>6</p> <p>Menu items</p>	<p>7</p> <p>Menu items</p>	<p>8</p> <p>Menu items</p>	<p>9</p> <p>Menu items</p>	<p>10</p> <p>Menu items</p>
<p>13</p> <p>Menu items</p>	<p>14</p> <p>Menu items</p>	<p>15</p> <p>Menu items</p>	<p>16</p> <p>Menu items</p>	<p>17</p> <p>Menu items</p>
<p>20</p> <p>MLK Day</p>	<p>21</p> <p>Menu items</p>	<p>22</p> <p>Menu items</p>	<p>23</p> <p>Menu items</p>	<p>24</p> <p>Menu items</p>
<p>27</p> <p>Menu items</p>	<p>28</p> <p>Menu items</p>	<p>29</p> <p>Menu items</p>	<p>30</p> <p>Menu items</p>	<p>31</p> <p>Menu items</p>



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February 2025 | School Name



Announcements:

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Menu items	4 Menu items	5 Menu items	6 Menu items	7 Menu items
10 Menu items	11 Menu items	12 Menu items	13 Menu items	14 Menu items
17 Menu items	18 Menu items	19 Menu items	20 Menu items	21 Menu items
24 Presidents Day	25 Menu items	26 Menu items	27 Menu items	28 Menu items



Beets

Season in Texas: January - March;
September - November

Did you know?

The main part of the beet that is eaten is the root; you can also eat the greens



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National School Lunch Program

March 2025 | School Name



Announcements:

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Menu items	4 Menu items	5 Menu items	6 Menu items	7 Menu items
10 Menu items	11 Menu items	12 Menu items	13 Menu items	14 Menu items
17 Menu items	18 Menu items	19 Menu items	20 Menu items	21 Menu items
24 Menu items	25 Menu items	26 Menu items	27 Menu items	28 Menu items

31
Menu items



Asparagus

Season in Texas: March - April

Did you know?

It takes three years to pick fully-grown asparagus from the time you plant the seed



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National School Lunch Program

April 2025 | School Name



Announcements:

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Menu items	2 Menu items	3 Menu items	4 Menu items
7 Menu items	8 Menu items	9 Menu items	10 Menu items	11 Menu items
14 Menu items	15 Menu items	16 Menu items	17 Menu items	18 Menu items
21 Menu items	22 Menu items	23 Menu items	24 Menu items	25 Menu items
28 Menu items	29 Menu items	30 Menu items		<p>Broccoli</p> <p>Season in Texas: October - May</p> <p>Did you know?</p> <p>Because there are no machines capable of picking broccoli, it must be harvested by hand, with a knife</p> 



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May 2025 | School Name



Announcements:

Announcement text goes here.

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Blueberries Season in Texas: May - July Did you know? One blueberry bush can grow up to 6,000 berries every year</p>  		<p>1 Menu items</p>	<p>2 Menu items</p>	
<p>5 Menu items</p>	<p>6 Menu items</p>	<p>7 Menu items</p>	<p>8 Menu items</p>	<p>9 Menu items</p>
<p>12 Menu items</p>	<p>13 Menu items</p>	<p>14 Menu items</p>	<p>15 Menu items</p>	<p>16 Menu items</p>
<p>19 Menu items</p>	<p>20 Menu items</p>	<p>21 Menu items</p>	<p>22 Menu items</p>	<p>23 Menu items</p>
<p>26 Memorial Day</p>	<p>27 Menu items</p>	<p>28 Menu items</p>	<p>29 Menu items</p>	<p>30</p>



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June 2025 | School Name



Announcements:

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Menu items	3 Menu items	4 Menu items	5 Menu items	6 Menu items
9 Menu items	10 Menu items	11 Menu items	12 Menu items	13 Menu items
16 Menu items	17 Menu items	18 Menu items	19 Menu items	20 Menu items
23 Menu items	24 Menu items	25 Menu items	26 Menu items	27 Menu items
30 Menu items			 <p>Strawberries Season in Texas: April - June Did you know? On average, each strawberry has 200 seeds</p> 	



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July 2025 | School Name



Announcements:

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Menu items	2 Menu items	3 Menu items	4 Menu items
7 Menu items	8 Menu items	9 Menu items	10 Menu items	11 Menu items
14 Menu items	15 Menu items	16 Menu items	17 Menu items	18 Menu items
21 Menu items	22 Menu items	23 Menu items	24 Menu items	25 Menu items
28 Menu items	29 Menu items	30 Menu items	31 Menu items	 <p>Tomatoes Season in Texas: April - December Did you know? Tomatoes are technically a berry</p> 



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