

October 2025

High Plains Food Bank Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pizza Steamed Greens Pineapple	2 Chicken Sandwich Pickles Steamed Greens Mixed Fruit	3 Cheeseburger Lettuce Pickels Steamed Carrots Applesauce
6 Chicken Salad 1 Slice WG Bread Carrots Diced Pears	7 Beef Taco Salad Corn Chips Pico De Gallo Mandarins	8 2 BBQ Chicken Legs Roll Seasoned Pinto Beans Pears	9 Beef Sheppard Pie WG Roll Carrots Peeled Whole Orange	10 Chicken Cheese Macaroni Green Beans Apple Sauce
13 Cheeseburger Lettuce Pickles Carrots Applesauce	14 Pizza Green Beans Pineapple Cookie	15 Beef Taco Salad Corn Chips Pico de Gallo Mandarins	16 Chicken Sandwich w Pickles Steamed Greens Mixed Fruit	17 Beef Sheppard Pie Roll Carrots Peeled Whole Orange
20 Chicken Salad 1 Slice of Bread Carrots Pears	21 2 BBQ Chicken Legs Roll Season Pinto Beans Pears Cookie	22 Beef Taco Salad Corn Chips Pico de Gallo Mandarins	23 Beef Sheppard Pie Roll Carrots Peeled Whole Orange	24 Cheesy Chicken Macaroni Green Beans Applesauce
27 Pizza Steamed Greens Pineapple	28 Cheesy Chicken Macaroni Green Beans Applesauce	29 Chicken Salad 1 Slice of Bread Carrots Diced Pears	30 Beef Taco Salad Corn Chips Pico de Gallo Mandarins	31 2 BBQ Chicken Legs WG Roll Seasons Pinto Beans Pears Cookie



Announcements

BBQ Sauce
Ketchup and Mustard
for Burgers
Mayo and Mustard for
Sandwiches when
available



Milk: Must be Served with
Supper
Ages 6 and
older: Unflavored or
flavored fat-free (skim) or
low-fat (1%)

**Cookies are a treat when
available**



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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