

Limited Kitchen Facilities Menus - Week 2

	Participants Ages 6 - 12 Years	Participants Ages 13 - 18 Years
Mon	Lowfat flavored yogurt (4 oz.) Banana (1 med.) Water	Lowfat flavored yogurt (4 oz.) Banana (1 med.) Tortilla chips (.9 oz.) w/ *salsa (2 tbsp.) (O) Water
Tue	Lowfat milk (8 oz.) Bagel (.9 oz.) w/ light cream cheese (1 tbsp.)	Lowfat milk (8 oz.) Bagel (.9 oz.) w/ light cream cheese (1 tbsp.) *Applesauce w/ cinnamon (3/4 c.) (O)
Wed	Lowfat milk (8 oz.) Carrot sticks/pepper strips (3/4 c.) w/ lowfat ranch dressing (2 tbsp.)	Lowfat milk (8 oz.) Carrot sticks/pepper strips (3/4 c.) w/ lowfat ranch dressing (2 tbsp.) Green Grapes (3/4 c.) (O) Water
Thu	*Orange juice (3/4 c.) Soft bread sticks (.9 oz.) w/ *spaghetti sauce (2 tbsp.)	Soft bread sticks (.9 oz.) w/ *spaghetti sauce (2 tbsp.) Salad-in-a-bag: mixed salad greens (3/4 c.) w/ lowfat Italian dressing (2 tbsp.) Turkey ham, julienne (1.7 oz.) (O) Water
Fri	Lowfat chocolate milk (8 oz.) Cereal bar (2.2 oz.)	Lowfat chocolate milk (8 oz.) Cereal bar (2.2 oz.) *Mixed fruit in light syrup (3/4 c.) (O)

* - USDA Donated Commodity