Limited Kitchen Facilities Menus - Week 4

	Participants Ages 6 - 12 Years	Participants Ages 13 - 18 Years
Mon	Lowfat chocolate milk (8 oz.) Carrot sticks (3/4 c.) w/ lowfat ranch salad dressing (2 tbsp.)	Lowfat chocolate milk (8 oz.) Carrot sticks (3/4 c.) w/ lowfat ranch salad dressing (2 tbsp.) Trail mix: oat cereal (3/4 c.), raisins (2 tbsp.) & chocolate chips (1 tbsp.) (O)
Tue	Lowfat milk (8 oz.) Nachos: tortilla chips (0.9 oz.) w/ *salsa (2 tbsp.)	Lowfat milk (8 oz.) Nachos: tortilla chips (O.9 oz.) w/ *salsa (2 tbsp.) Orange (1 med.) (O)
Wed	Apple juice (3/4 c.) Mozzarella String Cheese (1 oz)	Apple juice (3/4 c.) Mozzarella String Cheese (1 oz) Whole Wheat Crackers (0.9 oz.) (O)
Thu	*Sliced pears in light syrup (3/4 c.) English muffin (0.9 oz.) w/ *peanut butter (1 tbsp.) Water	*Sliced pears in light syrup (3/4 c.) English muffin (0.9 oz.) w/ *peanutbutter (1 tbsp.) Lowfat milk (8 oz.) (O) Water
Fri	Lowfat milk (8 oz.) Soft Pretzel sticks (0.9 oz.) Water	*Plums in light syrup (3/4 c.) Soft Pretzel sticks (0.9 oz.) w/ *Tomato sauce (2 tbsp.) (O) Water

*** - USDA Donated Commodity**