

Traditional Kitchen Facilities Menus - Week 1

| | Participants Ages 6 - 12 Years | Participants Ages 13 - 18 Years |
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| Mon | Lowfat milk (8 oz.) Sliced peaches in light syrup (3/4 c.) | Lowfat milk (8 oz.) *Sliced peaches in light syrup (3/4 c.) Cut Biscuits (A-09) (0.9 oz.) (O) |
| Tue | Soft pretzel (0.9 oz.) w/ Bean Dip (G-02) (2 tbsp.) *Pineapple chunks (3/4 c.) Water | Lowfat milk (8 oz.) Soft pretzel (0.9 oz.) w/ Bean Dip (F-02) (2 tbsp.) *Pineapple chunks (3/4 c.) (O) Water |
| Wed | Tuna Salad Sandwich (F-11) (1/2 sand.) Water | Tuna Salad Sandwich (F-11) (1/2 sand.) Green grapes (3/4 c.) (O) Water |
| Thu | Chicken rollup: flour tortilla (.9 oz.), *cooked diced chicken (.5 oz.), *lowfat cheddar cheese (.5 oz.), *salsa (1 tbsp.) Water | Chicken rollup: flour tortilla (.9 oz.), *cooked diced chicken (.5 oz.), *lowfat cheddar cheese (.5 oz.), *salsa (1 tbsp.) Carrot sticks (3/4 c.) (O) Water |
| Fri | Lowfat chocolate milk (8 oz.) French toast sticks (2.2 oz.) w/ maple syrup (2 tbsp.) | Lowfat chocolate milk (8 oz.) French toast sticks (2.2 oz.) w/ maple syrup (2 tbsp.) (O) Applesauce (3/4 c.) |

* - USDA Donated Commodity