

# Traditional Kitchen Facilities Menus - Week 2

	Participants Ages 6 - 12 Years	Participants Ages 13 - 18 Years
<b>Mon</b>	Toasted Cheese & Tomato Sandwich (F-09) (1/2 sand.) Water	Toasted Cheese & Tomato Sandwich (F-09) (1/2 sand.) *Apple (1 med.) (O) Water
<b>Tue</b>	Lowfat chocolate milk (8 oz.) Banana (1 med.)	Lowfat chocolate milk (8 oz.) Banana (1 med.) Graham crackers (0.9 oz.) (O)
<b>Wed</b>	Peanut butter sandwich: whole wheat bread (0.9 oz.), *peanut butter (2 tbsp.), jelly (1 tbsp.) Water	Peanut butter sandwich: whole wheat bread (0.9 oz.), *peanut butter (2 tbsp.), jelly (1 tbsp.) Lowfat milk (8 oz.) (O)
<b>Thu</b>	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.) Water	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, julienne (1.6 oz.) (O) Water
<b>Fri</b>	Lowfat milk (8 oz.) Oven fries (I-05) (3/4 c.) w/ cheese sauce (C-07A) (2 tbsp.)	Lowfat milk (8 oz.) Oven fries (I-05) (3/4 c.) w/ cheese sauce (C-07A) (2 tbsp.) *Pear (1 med.) (O)

\* - USDA Donated Commodity