

Traditional Kitchen Facilities Menus - Week 3

	Participants Ages 6 - 12 Years	Participants Ages 13 - 18 Years
Mon	Apple juice (3/4 c.) Whole wheat crackers (.7 oz.)	Apple juice (3/4 c.) Whole wheat crackers (.7 oz.) *Turkey ham cubes (1.7 oz.) (O)
Tue	Chicken salad sandwich (E-07): *Chicken salad (1/4 c.) w/ whole wheat bread (0.9 oz.) Water	Chicken salad sandwich (E-07): *Chicken salad (1/4 c.) w/ whole wheat bread (0.9 oz.) Broccoli florets (3/4 c.) (O) w/ lowfat French salad dressing (2 tbsp.) Water
Wed	Lowfat chocolate milk (8 oz.) Bagel (0.9 oz.) w/ light cream cheese (1 oz.)	Lowfat chocolate milk (8 oz.) Bagel (.9 oz.) w/ light cream cheese (1 oz.) *Peach cup (3/4 c.) (O)
Thu	Pita Bread (0/9 oz) & Refried Beans (I-13) (1/4 c.) Water	Pita Bread (0/9 oz) & Refried Beans (I-13) (1/4 c.) Sliced tomato and peppers (3/4 c.) (O) Water
Fri	Lowfat milk (8 oz.) Banana (1 med.)	Lowfat milk (8 oz.) Banana (1 med.) *Pasta & vegetable salad (E-08) (1/2 c.) (O)

* - USDA Donated Commodity