

Traditional Kitchen Facilities Menus - Week 4

	Participants Ages 6 - 12 Years	Participants Ages 13 - 18 Years
Mon	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.) Nachos: tortilla chips (0.9 oz.) w/ cheese sauce (C-07A) (2 tbsp.) (O)
Tue	*Orange sections (3/4 c.) Hard Pretzel sticks (0.7 oz.) Water	Lowfat flavored yogurt (4 oz.) Raisin Bagel (0.9 oz.) w/ light cream cheese (1 tbsp.) *Orange sections (3/4 c.) (O) Water
Wed	*Tuna salad sandwich (F-11) (1/2) Water	*Tuna salad sandwich (F-11) (1/2) Lowfat milk (8 oz.) (O)
Thu	Lowfat chocolate milk (8 oz.) *Mixed fruit in light syrup (3/4 c.)	Lowfat chocolate milk (8 oz.) *Mixed fruit in light syrup (3/4 c.) English muffin (0.9 oz.) w/ margarine (1 tbsp.) (O)
Fri	Pizza w/ cheese topping (D-23A) Water	Pizza w/ cheese topping (D-23A) Lowfat milk (8 oz.) (O)

* - USDA Donated Commodity