



THE CHILDREN'S
WORKSHOP

Food Services MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* All Grains are Whole Grain enriched. * All portions are based on age levels governed by the RI Food Programs' values. More food may always be served. * All portion sizes are the minimum required.</p> <p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>				
<p>5 Rice Krispies, Oranges, Milk Veggie Meatball Subs, Peas, Torpedo Rolls, Pineapple, Milk Blueberries & Goldfish</p>	<p>6 Blueberry Muffins, Bananas, Milk Seasoned Cutlets, Brown Rice, Corn, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>7 French Toast, Oranges, Milk Mac & Cheese, Broccoli, Peas, Milk Yogurt & Graham Crackers</p>	<p>8 Cheerios, Bananas, Milk Vegetarian Shepard's Pie, Dinner Rolls, Apples, Milk Ritz & Cheese Sticks</p>	<p>9 English Muffins, Oranges, Milk Hummus & Cheese Sandwiches, Carrot Sticks w/ Dip, Honeydew, Milk Apples & Goldfish</p>
<p>12 Rice Krispies, Oranges, Milk Garden Burgers w/ Cheese, Pasta Salad, Pineapple, Milk Blueberries & Goldfish</p>	<p>13 Corn Muffins, Bananas, Milk Veggie Nuggets, Peas, Dinner Rolls, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>14 French Toast, Oranges, Milk Vegetarian American Chop Suey, Green Beans, Peas, Milk Yogurt & Graham Crackers</p>	<p>15 Cheerios, Bananas, Milk Crispy Chix'n Sandwiches, Carrots, Apples, Milk Ritz & Cheese Sticks</p>	<p>16 English Muffins, Oranges, Milk Hummus & Cheese Sandwiches, Sliced Cukes w/ Dip, Honeydew, Milk Apples & Goldfish</p>
<p>19 Rice Krispies, Oranges, Milk Veggie Nuggets, Corn, Wheat Bread, Pineapple, Milk Blueberries & Goldfish</p>	<p>20 Blueberry Muffins Bananas, Milk Vegetarian Shepard's Pie, Dinner Rolls, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>21 French Toast, Oranges, Milk Cheese Ravioli, Peas, Pears, Milk Yogurt & Graham Crackers</p>	<p>22 Cheerios, Bananas, Milk Veggie Hot Dogs w, Rolls, Potato Salad, Apples, Milk Ritz & Cheese Sticks</p>	<p>23 English Muffins, Oranges, Milk Hummus & Cheese Sandwiches, Carrot Sticks w/ Dip, Honeydew, Milk Apples & Goldfish</p>
<p>26 Rice Krispies, Oranges, Milk Crispy Chix'n Sandwiches, Green Beans, Pineapple, Milk Blueberries & Goldfish</p>	<p>27 Corn Muffins, Bananas, Milk Seasoned Bean Nacho's, Chips/Tortillas, Salsa, Cheese, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>28 French Toast, Oranges, Milk Veggie Nuggets, Corn, Wheat Bread, Peas, Milk Yogurt & Graham Crackers</p>	<p>29 Cheerios, Bananas, Milk Veggie Meatball Subs, Peas, Torpedo Rolls, Apples, Milk Ritz & Cheese Sticks</p>	<p>30 English Muffins, Oranges, Milk Cheese Pizza, Garden Salad, Honeydew, Milk Apples & Goldfish</p>

VEGETARIAN

August 2024

AGES
1-13 YRS

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