

# Food Services **MENU**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>		1 French Toast, Oranges, Milk Stuffed Pepper Casserole, Dinner Rolls, Apples, Milk Yogurt & Graham Crackers	2 Cheerios, Bananas, Milk Chicken in a Bowl, Oatmeal Bread, Apples, Milk Pears & Cheese Sticks	3 English Muffins, Oranges, Milk Baked Ham, Sweet Potatoes, Dinner Rolls, Bananas, Milk Apples & Ritz
6 Rice Krispies, Apples, Milk Cheese Ravioli, Broccoli, Pineapple, Milk Oranges & Goldfish	7 Blueberry Muffins, Bananas, Milk Turkey w/ Gravy, Corn, Dinner Rolls, Cantaloupe, Milk Pears & Cheese Sticks	8 French Toast, Oranges, Milk Meatball Subs, Green Beans, Apples, Milk Yogurt & Graham Crackers	9 Cheerios, Bananas, Milk Chicken Nuggets, Carrots, Rye Bread, Apples, Milk Pears & Cheese Sticks	10 Rice Krispies, Apples, Milk Shepard's Pie, Dinner Rolls Pineapple, Milk Oranges & Goldfish
13 Closed	14 Corn Muffins, Bananas, Milk Seasoned Chicken, Brown Rice, Peas, Cantaloupe, Pears & Cheese Sticks	15 French Toast, Oranges, Milk Lasagna, Carrots, Oatmeal Bread, Apples, Milk Yogurt & Graham Crackers	16 Cheerios, Bananas, Milk Chicken Patties Sandwiches, Green Beans, Apples, Milk Pears & Cheese Sticks	17 English Muffins, Oranges, Milk Cheese Pizza, Garden Salad, Bananas, Milk Apples & Ritz
20 Rice Krispies, Apples, Milk Meatball Subs, Broccoli, Pineapple, Milk Oranges & Goldfish	21 Blueberry Muffins, Bananas, Milk Chicken Noodle Soup, Dinner Rolls, Cantaloupe, Milk Pears & Cheese Sticks	22 French Toast, Oranges, Milk Mac & Cheese, Green Beans, Apples, Milk Yogurt & Graham Crackers	23 Closed	24 Closed
27 Rice Krispies, Apples, Milk Chicken Nuggets, Green Beans, Oatmeal Bread, Pineapple, Milk Oranges & Goldfish	28 Corn Muffins, Bananas, Milk BBQ Pulled Pork Sandwiches, Corn, Cantaloupe, Milk Pears & Cheese Sticks	29 French Toast, Oranges, Milk Chicken Caccitore, Brown Rice, Apples, Milk Yogurt & Graham Crackers	30 Cheerios, Bananas, Milk Cheese Tortellini w/ Sauce, Peas, Apples, Milk Pears & Cheese Sticks	<p>* All Grains are Whole Grain enriched. * All portions are based on age levels governed by the RI Food Program's values. More food may always be served. * All portion sizes are the minimum required.</p>

November 2023

AGES  
1-13 YRS

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# Food Services MENU



THE CHILDREN'S  
WORKSHOP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>		1 French Toast, Oranges, Milk Vegetarian Stuffed Pepper Casserole, Dinner Rolls, Apples, Milk Yogurt & Graham Crackers	2 Cheerios, Bananas, Milk Vegetarian Chicken in a Bowl, Oatmeal Bread, Apples, Milk Pears & Cheese Sticks	3 English Muffins, Oranges, Milk Garden Burgers, Sweet Potatoes, Dinner Rolls, Bananas, Milk Apples & Ritz
6 Rice Krispies, Apples, Milk Cheese Ravioli, Broccoli, Pineapple, Milk Oranges & Goldfish	7 Blueberry Muffins, Bananas, Milk Vegan Cutlets w/ Gravy, Corn, Dinner Rolls, Cantaloupe, Milk Pears & Cheese Sticks	8 French Toast, Oranges, Milk Vegetarian Meatball Subs, Green Beans, Apples, Milk Yogurt & Graham Crackers	9 Cheerios, Bananas, Milk Vegan Nuggets, Carrots, Rye Bread, Apples, Milk Pears & Cheese Sticks	10 Rice Krispies, Apples, Milk Vegetarian Shepard's Pie, Dinner Rolls Pineapple, Milk Oranges & Goldfish
13 Closed	14 Corn Muffins, Bananas, Milk Seasoned Vegan Cutlets, Brown Rice, Peas, Cantaloupe, Milk Pears & Cheese Sticks	15 French Toast, Oranges, Milk Vegetarian Lasagna, Carrots, Oatmeal Bread, Apples, Milk Yogurt & Graham Crackers	16 Cheerios, Bananas, Milk Garden Burgers, Green Beans, Apples, Milk Pears & Cheese Sticks	17 English Muffins, Oranges, Milk Cheese Pizza, Garden Salad, Bananas, Milk Apples & Ritz
20 Rice Krispies, Apples, Milk Vegetarian Meatballs, Broccoli, Pineapple, Milk Oranges & Goldfish	21 Blueberry Muffins, Bananas, Milk Vegetarian Noodle Soup, Dinner Rolls, Cantaloupe, Milk Pears & Cheese Sticks	22 French Toast, Oranges, Milk Mac & Cheese, Green Beans, Apples, Milk Yogurt & Graham Crackers	23 Closed	24 Closed
27 Rice Krispies, Apples, Milk Vegan Nuggets, Green Beans, Oatmeal Bread, Pineapple, Milk Oranges & Goldfish	28 Corn Muffins, Bananas, Milk Garden Burgers, Corn, Cantaloupe, Milk Pears & Cheese Sticks	29 French Toast, Oranges, Milk Vegetarian Caccitore, Brown Rice, Apples, Milk Yogurt & Graham Crackers	30 Cheerios, Bananas, Milk Cheese Tortellini w/ Sauce, Peas, Apples, Milk Pears & Cheese Sticks	<p>* All Grains are Whole Grain enriched. * All portions are based on age levels governed by the RI Food Program's values. More food may always be served. * All portion sizes are the minimum required.</p>

November 2023  
[Vegetarian]

AGES  
1-13 YRS

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# Food Services MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BLUE = Breakfast</b> <b>RED = Lunch</b> <b>GREEN = Snack</b></p>	<p>Formula or Breastmilk, Infant Oatmeal, Bananas</p> <p>Formula or Breastmilk, Cheese Sticks, Peas</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p>	<p>1</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p> <p>Formula or Breastmilk, Yogurt, Green Beans</p> <p>Formula or Breastmilk, Cheerios, Pears</p>	<p>2</p> <p>Formula or Breastmilk, Infant Oatmeal, Bananas</p> <p>Formula or Breastmilk, Cheese Sticks, Mashed Potatoes</p> <p>Formula or Breastmilk, Infant Rice Cereal, Pears</p>	<p>3</p> <p>Formula or Breastmilk, Infant Oatmeal, Apples</p> <p>Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes</p> <p>Formula or Breastmilk, Ritz Crackers, Apples</p>
<p>6</p> <p>Formula or Breastmilk, Infant Oatmeal, Apples</p> <p>Formula or Breastmilk, Infant Rice Cereal, Broccoli</p> <p>Formula or Breastmilk, Cheerios, Bananas</p>	<p>7</p> <p>Formula or Breastmilk, Infant Oatmeal, Bananas</p> <p>Formula or Breastmilk, Cheese Sticks, Peas</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p>	<p>8</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p> <p>Formula or Breastmilk, Yogurt, Green Beans</p> <p>Formula or Breastmilk, Cheerios, Pears</p>	<p>9</p> <p>Formula or Breastmilk, Infant Oatmeal, Bananas</p> <p>Formula or Breastmilk, Cheese Sticks, Carrots</p> <p>Formula or Breastmilk, Infant Rice Cereal, Pears</p>	<p>10</p> <p>Formula or Breastmilk, Infant Oatmeal, Apples</p> <p>Formula or Breastmilk, Infant Rice Cereal, Mashed Potatoes</p> <p>Formula or Breastmilk, Cheerios, Bananas</p>
<p>13</p> <p>Closed</p>	<p>14</p> <p>Formula or Breastmilk, Infant Oatmeal, Bananas</p> <p>Formula or Breastmilk, Cheese Sticks, Peas</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p>	<p>15</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p> <p>Formula or Breastmilk, Yogurt, Carrots</p> <p>Formula or Breastmilk, Cheerios, Pears</p>	<p>16</p> <p>Formula or Breastmilk, Infant Oatmeal, Bananas</p> <p>Formula or Breastmilk, Cheese Sticks, Green Beans</p> <p>Formula or Breastmilk, Infant Rice Cereal, Pears</p>	<p>17</p> <p>Formula or Breastmilk, Infant Oatmeal, Apples</p> <p>Formula or Breastmilk, Infant Rice Cereal, Carrots</p> <p>Formula or Breastmilk, Ritz Crackers, Apples</p>
<p>20</p> <p>Formula or Breastmilk, Infant Oatmeal, Apples</p> <p>Formula or Breastmilk, Infant Rice Cereal, Broccoli</p> <p>Formula or Breastmilk, Cheerios, Bananas</p>	<p>21</p> <p>Formula or Breastmilk, Infant Oatmeal, Bananas</p> <p>Formula or Breastmilk, Cheese Sticks, Peas</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p>	<p>22</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p> <p>Formula or Breastmilk, Yogurt, Green Beans</p> <p>Formula or Breastmilk, Cheerios, Pears</p>	<p>23</p> <p>Closed</p>	<p>24</p> <p>Closed</p>
<p>27</p> <p>Formula or Breastmilk, Infant Oatmeal, Apples</p> <p>Formula or Breastmilk, Infant Rice Cereal, Green Beans</p> <p>Formula or Breastmilk, Cheerios, Bananas</p>	<p>28</p> <p>Formula or Breastmilk, Infant Oatmeal, Bananas</p> <p>Formula or Breastmilk, Cheese Sticks, Peas</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p>	<p>29</p> <p>Formula or Breastmilk, Infant Oatmeal, Pears</p> <p>Formula or Breastmilk, Yogurt, Green Beans</p> <p>Formula or Breastmilk, Cheerios, Pears</p>	<p>30</p> <p>Formula or Breastmilk, Infant Oatmeal, Bananas</p> <p>Formula or Breastmilk, Cheese Sticks, Peas</p> <p>Formula or Breastmilk, Infant Rice Cereal, Pears</p>	<p>* All Grains are Whole Grain enriched. * All portions are based on age levels governed by the RI Food Program's values. More food may always be served. * All portion sizes are the minimum required.</p>

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AGES  
6-11 MO

# Food Services MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>		1 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	2 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	3 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk
6 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	7 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	8 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	9 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	10 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk
13 Closed	14 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	15 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	16 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	17 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk
20 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	21 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	22 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	23 Closed	24 Closed
27 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	28 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	29 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	30 Formula or Breastmilk Formula or Breastmilk Formula or Breastmilk	<p>* All Grains are Whole Grain enriched. * All portions are based on age levels governed by the RI Food Program's values. More food may always be served. * All portion sizes are the minimum required.</p>

November 2023  
AGES  
0-6 MO

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