

# 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 Program's values. More food may always be served. * All portion sizes are the minimum required.</p>	<p><b>BLUE = Breakfast</b> <b>RED = Lunch</b> <b>GREEN = Snack</b></p>	<p>1 French Toast Sticks, Oranges, Milk Veggie Meatball Subs, Broccoli, Pineapple, Milk Yogurt Cups, Graham Crackers</p>	<p>2 Cheerios, Bananas, Milk Vegan Chix Nuggets, Carrots, Oatmeal Bread, Cantaloupe, Milk Pears, Cheese Sticks</p>	<p>3 English Muffins, Oranges, Milk Vegetarian Cacciatore, Brown Rice, Blueberries, Milk Apples, Ritz Crackers</p>
<p>6 Rice Krispies, Apples, Milk Vegan Teriyaki Cutlets, Broccoli, Brown Rice, Honeydew, Milk Oranges, Goldfish</p>	<p>7 Corn Muffins, Bananas, Milk Vegetarian Shepard's Pie, Dinner Rolls, Blueberries, Milk Pears, Cheese Sticks</p>	<p>8 French Toast Sticks, Oranges, Milk Mac &amp; Cheese, Carrots, Pineapple, Milk Yogurt Cups, Graham Crackers</p>	<p>9 Cheerios, Bananas, Milk Spaghetti w/ Sauce, Carrots, Cantaloupe, Milk Pears, Cheese Sticks</p>	<p>10 English Muffins, Oranges, Milk Vegan Crispy Sandwiches, Green Beans, Blueberries, Milk Apples, Ritz Crackers</p>
<p>13 Rice Krispies, Apples, Milk Vegan Chix Nuggets, Corn, Wheat Bread, Honeydew, Milk Oranges, Goldfish</p>	<p>14 Blueberry Muffins, Bananas, Milk Vegetarian Chili, Corn Bread, Blueberries, Milk Pears, Cheese Sticks</p>	<p>15 French Toast Sticks, Oranges, Milk Vegetarian Chix a Bowl, Dinner Rolls, Pineapple, Milk Yogurt Cups, Graham Crackers</p>	<p>16 Cheerios, Bananas, Milk Seasoned Beans, Salsa, Cheese, Chips or Tortilla Wraps, Cantaloupe, Milk Pears, Cheese Sticks</p>	<p>17 English Muffins, Oranges, Milk Cheese Pizza, Baked Fries, Blueberries, Milk Apples, Ritz Crackers</p>
<p>20 Rice Krispies, Apples, Milk Veggie Meatball Subs, Broccoli, Pineapple, Milk Oranges, Goldfish</p>	<p>21 Corn Muffins, Bananas, Milk Vegan Chix Nuggets, Carrots, Oatmeal Bread, Blueberries, Milk Pears, Cheese Sticks</p>	<p>22 French Toast Sticks, Oranges, Milk Garden Burgers, Sweet Potatoes, Dinner Rolls, Pineapple, Milk Yogurt Cups, Graham Crackers</p>	<p>23 Cheerios, Bananas, Milk Cheese Tortellini w/ Sauce, Broccoli, Cantaloupe, Milk Pears, Cheese Sticks</p>	<p>24 English Muffins, Oranges, Milk Vegetarian Shepard's Pie, Dinner Rolls, Blueberries, Milk Apples, Ritz Crackers</p>
<p>27 Rice Krispies, Apples, Milk Vegan Crispy Patty Sandwiches, Green Beans, Honeydew, Milk Oranges, Goldfish</p>	<p>28 Blueberry Muffins, Bananas, Milk Vegetarian American Chop Suey, Green Beans, Blueberries, Milk Pears, Cheese Sticks</p>	<p>29 French Toast Sticks, Oranges, Milk Garden Burgers, Mashed Potatoes, Oat. Bread, Pineapple, Milk Yogurt Cups, Graham Crackers</p>	<p>30 Cheerios, Bananas, Milk Seasoned Chix Cutlets, Brown Rice, Broccoli, Cantaloupe, Milk Pears, Cheese Sticks</p>	<p>31 English Muffins, Oranges, Milk Cheese Pizza, Baked Fries, Blueberries, Milk Apples, Ritz Crackers</p>

March 2023 [Vegetarian]

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