



THE CHILDREN'S  
WORKSHOP

# Food Services MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Rice Krispies, Oranges, Milk</p> <p>Vegetarian Nuggets, Peas, Dinner Rolls, Pineapple, Milk</p> <p>Blueberries &amp; Goldfish</p>	<p>2 Corn Muffins, Bananas, Milk</p> <p>Vegetarian American Chop Suey, Green Beans, Cantaloupe, Milk</p> <p>Ritz &amp; Cheese Sticks</p>	<p>3 French Toast, Oranges, Milk</p> <p>BBQ Cutlets, Corn, Dinner Rolls, Peas, Milk</p> <p>Yogurt &amp; Graham Crackers</p>	<p>4 Closed</p>	<p>5 English Muffins, Oranges, Milk</p> <p>Hummus &amp; Cheese Sandwiches, Carrot Sticks w/ Ranch, Honeydew, Milk</p> <p>Apples &amp; Goldfish</p>
<p>8 Rice Krispies, Oranges, Milk</p> <p>Vegetarian Chix in a Bowl, Dinner Rolls, Pineapple, Milk</p> <p>Blueberries &amp; Goldfish</p>	<p>9 Blueberry Muffins, Bananas, Milk</p> <p>Vegetarian Hot Dogs, Pasta Salad, Cantaloupe, Milk</p> <p>Ritz &amp; Cheese Sticks</p>	<p>10 French Toast, Oranges, Milk</p> <p>Mac &amp; Cheese, Broccoli, Peas, Milk</p> <p>Yogurt &amp; Graham Crackers</p>	<p>11 Cheerios, Bananas, Milk</p> <p>Vegetarian Sloppy Joe Sandwiches, Corn, Apples, Milk</p> <p>Ritz &amp; Cheese Sticks</p>	<p>12 English Muffins, Oranges, Milk</p> <p>Hummus &amp; Cheese Sandwiches, Potato Salad, Honeydew, Milk</p> <p>Apples &amp; Goldfish</p>
<p>15 Rice Krispies, Oranges, Milk</p> <p>Garden Burger Sandwiches, Carrots, Pineapple, Milk</p> <p>Blueberries &amp; Goldfish</p>	<p>16 Corn Muffins, Bananas, Milk</p> <p>Vegetarian Meatball Subs, Green Beans, Cantaloupe, Milk</p> <p>Ritz &amp; Cheese Sticks</p>	<p>17 French Toast, Oranges, Milk</p> <p>Vegan Nuggets, Wheat Bread, Sliced Cucumbers w/ Dip, Peas, Milk</p> <p>Yogurt &amp; Graham Crackers</p>	<p>18 Cheerios, Bananas, Milk</p> <p>Vegetarian Shepard's Pie, Dinner Rolls, Apples, Milk</p> <p>Ritz &amp; Cheese Sticks</p>	<p>19 English Muffins, Oranges, Milk</p> <p>Cheese Pizza, Garden Salad, Honeydew, Milk</p> <p>Apples &amp; Goldfish</p>
<p>22 Rice Krispies, Oranges, Milk</p> <p>Crispy Chix Patty</p> <p>Sandwiches, Green Beans, Pineapple, Milk</p> <p>Blueberries &amp; Goldfish</p>	<p>23 Blueberry Muffins</p> <p>Bananas, Milk</p> <p>Seasoned Beans, Salsa, Chips/Tortillas, Cheese, Cantaloupe, Milk</p> <p>Ritz &amp; Cheese Sticks</p>	<p>24 French Toast, Oranges, Milk</p> <p>Cheese Ravioli, Peas, Peas, Milk</p> <p>Yogurt &amp; Graham Crackers</p>	<p>25 Cheerios, Bananas, Milk</p> <p>Garden Burgers w/ Cheese, Pasta Salad, Apples, Milk</p> <p>Ritz &amp; Cheese Sticks</p>	<p>26 English Muffins, Oranges, Milk</p> <p>Cheese Pizza, Carrot Sticks w/ Ranch, Honeydew, Milk</p> <p>Apples &amp; Goldfish</p>
<p>29 Rice Krispies, Oranges, Milk</p> <p>Vegan Nuggets, Peas, Dinner Rolls, Pineapple, Milk</p> <p>Blueberries &amp; Goldfish</p>	<p>30 Corn Muffins, Bananas, Milk</p> <p>Vegetarian Hot Dogs w/ Rolls, Pasta Salad, Cantaloupe, Milk</p> <p>Ritz &amp; Cheese Sticks</p>	<p>31 French Toast, Oranges, Milk</p> <p>Hummus &amp; Cheese, Sandwiches, Sliced Cucumbers w/ Dip, Pear Milk</p> <p>Yogurt &amp; Graham Crackers</p>	<p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>	<p>* All Grains are Whole Grain enriched. * All portions are based on age levels governed by the R! Food Programs values. More food may always be served. * All portion sizes are the minimum required.</p>

VEGETARIAN

*Daily*

2024

AGES  
1-13 YRS

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be made available in other languages.