

# Food Services MENU



CHILDREN'S  
WORKSHOP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed	1 Blueberry Muffins, Bananas, Milk <b>Shepard's Pie, Dinner Rolls, Cantaloupe, Milk</b> Pears & Cheese Sticks	2 French Toast, Oranges, Milk <b>Chicken Nuggets, Carrots, Rye Bread, Apples, Milk</b> Yogurt & Graham Crackers	3 French Toast, Oranges, Milk <b>Cheese Ravioli, Broccoli, Apples, Milk</b> Pears & Cheese Sticks	4 English Muffins, Oranges, Milk <b>Lasagna, Peas, Bananas, Milk</b> Apples & Ritz
	8 Rice Krispies, Apples, Milk <b>Meatball Subs, Green Beans, Pineapple, Milk</b> Oranges & Goldfish	9 Corn Muffins, Bananas, Milk <b>Chicken Noodle Soup, Dinner Rolls, Cantaloupe, Milk</b> Pears & Cheese Sticks	10 French Toast, Oranges, Milk <b>Pot Roast w/ Gravy, Mashed Potatoes, Wheat Bread, Apples, Milk</b> Yogurt & Graham Crackers	11 English Muffins, Oranges, Milk <b>Seasoned Chicken, Brown Rice, Carrots, Bananas, Milk</b> Apples & Ritz
	15 Blueberry Muffins, Bananas, Milk <b>Chicken in a Bowl, Dinner Rolls, Cantaloupe, Milk</b> Pears & Cheese Sticks	16 French Toast, Oranges, Milk <b>Meatloaf w/ Gravy, Sweet Potatoes, Rye Bread, Apples, Milk</b> Yogurt & Graham Crackers	17 French Toast, Oranges, Milk <b>Chicken Patty Sandwiches, Green Beans, Apples, Milk</b> Pears & Cheese Sticks	18 English Muffins, Oranges, Milk <b>Cheese Pizza, Garden Salad, Bananas, Milk</b> Apples & Ritz
Closed	22 Rice Krispies, Apples, Milk <b>Meatball Subs, Peas, Pineapple, Milk</b> Oranges & Goldfish	23 Corn Muffins, Bananas, Milk <b>BBQ Pulled Pork, Corn, Hamb. Rolls, Cantaloupe, Milk</b> Pears & Cheese Sticks	24 French Toast, Oranges, Milk <b>Mac &amp; Cheese, Carrots, Apples, Milk</b> Yogurt & Graham Crackers	25 English Muffins, Oranges, Milk <b>Chicken Nuggets, Green Beans, Oatmeal Bread, Apples, Milk</b> Pears & Cheese Sticks
	29 Rice Krispies, Apples, Milk <b>Chicken Tenders, Green Beans, Pineapple, Milk</b> Oranges & Goldfish	30 Blueberry Muffins, Bananas, Milk <b>Shepard's Pie, Dinner Rolls, Cantaloupe, Milk</b> Pears & Cheese Sticks	31 French Toast, Oranges, Milk <b>Chicken Pot Pie, Biscuits, Apples, Milk</b> Yogurt & Graham Crackers	31 * All Grains are Whole Grain enriched. * All portions are based on age levels governed by the RIFood Program's values. More food may always be served. * All portion sizes are the minimum required.
				BLUE = Breakfast RED = Lunch GREEN = Snack
				AGES 1-13 YRS

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