

# Food Services MENU



THE CHILDREN'S WORKSHOP

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                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Bananas                      Formula or Breastmilk, Ritz Crackers, Apples</p>	<p>7                      Formula or Breastmilk, Infant Oatmeal, Bananas                      Formula or Breastmilk, Cheese Sticks, Apples                      Formula or Breastmilk, Infant Rice Cereal, Pears</p>	<p>15                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Carrots                      Formula or Breastmilk, Ritz Crackers, Apples</p>	<p>22                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Bananas                      Formula or Breastmilk, Ritz Crackers, Apples</p>
<p>4                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Green Beans                      Formula or Breastmilk, Cheerios, Bananas</p>	<p>5                      Formula or Breastmilk, Infant Oatmeal, Bananas                      Formula or Breastmilk, Cheese Sticks, Peas                      Formula or Breastmilk, Infant Oatmeal, Pears</p>	<p>6                      Formula or Breastmilk, Infant Oatmeal, Pears                      Formula or Breastmilk, Yogurt, Carrots                      Formula or Breastmilk, Cheerios, Pears</p>	<p>13                      Formula or Breastmilk, Infant Oatmeal, Pears                      Formula or Breastmilk, Yogurt, Broccoli                      Formula or Breastmilk, Cheerios, Pears</p>	<p>20                      Formula or Breastmilk, Infant Oatmeal, Pears                      Formula or Breastmilk, Yogurt, Mashed Potatoes                      Formula or Breastmilk, Cheerios, Pears</p>	<p>27                      Formula or Breastmilk, Infant Oatmeal, Pears                      Formula or Breastmilk, Yogurt, Carrots                      Formula or Breastmilk, Cheerios, Pears</p>
<p>11                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Carrots.                      Formula or Breastmilk, Cheerios, Bananas</p>	<p>12                      Formula or Breastmilk, Infant Oatmeal, Bananas                      Formula or Breastmilk, Cheese Sticks, Mashed Potatoes                      Formula or Breastmilk, Infant Oatmeal, Pears</p>	<p>14                      Formula or Breastmilk, Infant Oatmeal, Bananas                      Formula or Breastmilk, Cheese Sticks, Peas                      Formula or Breastmilk, Infant Rice Cereal, Pears</p>	<p>21                      Formula or Breastmilk, Infant Oatmeal, Bananas                      Formula or Breastmilk, Cheese Sticks, Apples                      Formula or Breastmilk, Infant Rice Cereal, Pears</p>	<p>28                      Formula or Breastmilk, Infant Oatmeal, Bananas                      Formula or Breastmilk, Cheese Sticks, Apples                      Formula or Breastmilk, Infant Rice Cereal, Pears</p>	<p>29                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Bananas                      Formula or Breastmilk, Ritz Crackers, Apples</p>
<p>18                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Green Beans                      Formula or Breastmilk, Cheerios, Bananas</p>	<p>19                      Formula or Breastmilk, Infant Oatmeal, Bananas                      Formula or Breastmilk, Cheese Sticks, Carrots                      Formula or Breastmilk, Infant Oatmeal, Pears</p>	<p>25                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Peas                      Formula or Breastmilk, Cheerios, Bananas</p>	<p>26                      Formula or Breastmilk, Infant Oatmeal, Bananas                      Formula or Breastmilk, Cheese Sticks, Green Beans                      Formula or Breastmilk, Infant Oatmeal, Pears</p>	<p>23                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Bananas                      Formula or Breastmilk, Ritz Crackers, Apples</p>	<p>30                      Formula or Breastmilk, Infant Oatmeal, Apples                      Formula or Breastmilk, Infant Rice Cereal, Bananas                      Formula or Breastmilk, Ritz Crackers, Apples</p>

# March 2024

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6-11 mo.

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