



THE CHILDREN'S
WORKSHOP

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 Programs' values. More food may always be served. * All portion sizes are the minimum required.</p>	<p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>			
<p>Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>	<p>Formula or Breastmilk, Cheerios, Banana Formula or Breastmilk, Infant Oatmeal, Green Beans Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Carrots Formula or Breastmilk, Yogurt & Cheerios</p>	<p>Formula or Breastmilk, Cheerios, Bananas Formula or Breastmilk, Infant Oatmeal, Apples Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>
<p>Formula or Breastmilk, 5 Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>Formula or Breastmilk, 12 Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>Formula or Breastmilk, 19 Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>Formula or Breastmilk, 26 Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>

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