

# Food Services MENU



CHILDREN'S  
WORKSHOP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE = Breakfast</b> <b>RED = Lunch</b> <b>GREEN = Snack</b>				
6 Rice Krispies, Apples, Milk Cheese Ravioli, Broccoli, Pineapple, Milk Oranges & Goldfish	7 Blueberry Muffins, Bananas, Milk Vegan Cutlets w/ Gravy, Corn, Dinner Rolls, Cantaloupe, Milk Pears & Cheese Sticks	1 French Toast, Oranges, Milk Vegetarian Stuffed Pepper Casserole, Dinner Rolls, Apples, Milk Yogurt & Graham Crackers	2 Cheerios, Bananas, Milk Vegetarian Chicken in a Bowl, Oatmeal Bread, Apples, Milk Pears & Cheese Sticks	3 English Muffins, Oranges, Milk Garden Burgers, Sweet Potatoes, Dinner Rolls, Bananas, Milk Apples & Ritz
13 Closed	14 Corn Muffins, Bananas, Milk Seasoned Vegan Cutlets, Brown Rice, Peas, Cantaloupe, Milk Pears & Cheese Sticks	8 French Toast, Oranges, Milk Vegetarian Meatball Subs, Green Beans, Apples, Milk Yogurt & Graham Crackers	9 Cheerios, Bananas, Milk Vegan Nuggets, Carrots, Rye Bread, Apples, Milk Pears & Cheese Sticks	10 Rice Krispies, Apples, Milk Vegetarian Shepard's Pie, Dinner Rolls Pineapple, Milk Oranges & Goldfish
20 Rice Krispies, Apples, Milk Vegetarian Meatballs, Broccoli, Pineapple, Milk Oranges & Goldfish	21 Blueberry Muffins, Bananas, Milk Vegetarian Noodle Soup, Dinner Rolls, Cantaloupe, Milk Pears & Cheese Sticks	15 French Toast, Oranges, Milk Vegetarian Lasagna, Carrots, Oatmeal Bread, Apples, Milk Yogurt & Graham Crackers	16 Cheerios, Bananas, Milk Garden Burgers, Green Beans, Apples, Milk Pears & Cheese Sticks	17 English Muffins, Oranges, Milk Cheese Pizza, Garden Salad, Bananas, Milk Apples & Ritz
27 Rice Krispies, Apples, Milk Vegan Nuggets, Green Beans, Oatmeal Bread, Pineapple, Milk Oranges & Goldfish	28 Corn Muffins, Bananas, Milk Garden Burgers, Corn, Cantaloupe, Milk Pears & Cheese Sticks	22 French Toast, Oranges, Milk Mac & Cheese, Green Beans, Apples, Milk Yogurt & Graham Crackers	23 Closed	24 Closed
		29 French Toast, Oranges, Milk Vegetarian Caccitore, Brown Rice, Apples, Milk Yogurt & Graham Crackers	30 Cheerios, Bananas, Milk Cheese Tortellini w/ Sauce, Peas, Apples, Milk Pears & Cheese Sticks	* 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.

# November 2023

[Vegetarian]

AGES  
1-13 YRS

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