

# Food Services MENU



THE CHILDREN'S  
WORKSHOP

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <p><b>BLUE = Breakfast</b><br/><b>RED = Lunch</b><br/><b>GREEN = Snack</b></p>   | <p>1<br/>Formula or Breastmilk, Cheerios, Banana<br/><br/>Formula or Breastmilk, Infant Oatmeal, Green Beans<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p>  | <p>2<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Carrots<br/><br/>Formula or Breastmilk, Yogurt &amp; Cheerios</p>  | <p>3<br/>Formula or Breastmilk, Cheerios, Bananas<br/><br/>Formula or Breastmilk, Infant Oatmeal, Apples<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p>  | <p>4<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes<br/><br/>Formula or Breastmilk, Cheerios, Apples</p>            |
| <p>7<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes<br/><br/>Formula or Breastmilk, Cheerios, Apples</p>  | <p>8<br/>Formula or Breastmilk, Cheerios, Banana<br/><br/>Formula or Breastmilk, Infant Oatmeal, Green Beans<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p>  | <p>9<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Carrots<br/><br/>Formula or Breastmilk, Yogurt &amp; Cheerios</p>  | <p>10<br/>Formula or Breastmilk, Cheerios, Bananas<br/><br/>Formula or Breastmilk, Infant Oatmeal, Apples<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p> | <p>11<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes<br/><br/>Formula or Breastmilk, Cheerios, Apples</p>           |
| <p>14<br/><br/>Closed</p>  | <p>15<br/>Formula or Breastmilk, Cheerios, Banana<br/><br/>Formula or Breastmilk, Infant Oatmeal, Green Beans<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p> | <p>16<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Carrots<br/><br/>Formula or Breastmilk, Yogurt &amp; Cheerios</p> | <p>17<br/>Formula or Breastmilk, Cheerios, Bananas<br/><br/>Formula or Breastmilk, Infant Oatmeal, Apples<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p> | <p>18<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes<br/><br/>Formula or Breastmilk, Cheerios, Apples</p>           |
| <p>21<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes<br/><br/>Formula or Breastmilk, Cheerios, Apples</p> | <p>22<br/>Formula or Breastmilk, Cheerios, Banana<br/><br/>Formula or Breastmilk, Infant Oatmeal, Green Beans<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p> | <p>23<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Carrots<br/><br/>Formula or Breastmilk, Yogurt &amp; Cheerios</p> | <p>24<br/>Formula or Breastmilk, Cheerios, Bananas<br/><br/>Formula or Breastmilk, Infant Oatmeal, Apples<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p> | <p>25<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes<br/><br/>Formula or Breastmilk, Cheerios, Apples</p>           |
| <p>28<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes<br/><br/>Formula or Breastmilk, Cheerios, Apples</p> | <p>29<br/>Formula or Breastmilk, Cheerios, Banana<br/><br/>Formula or Breastmilk, Infant Oatmeal, Green Beans<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p> | <p>30<br/>Formula or Breastmilk, Infant Oatmeal, Apple, Straw., &amp; Banana Blend<br/><br/>Formula or Breastmilk, Infant Rice Cereal, Carrots<br/><br/>Formula or Breastmilk, Yogurt &amp; Cheerios</p> | <p>31<br/>Formula or Breastmilk, Cheerios, Bananas<br/><br/>Formula or Breastmilk, Infant Oatmeal, Apples<br/><br/>Formula or Breastmilk, Ritz &amp; Cheese Sticks</p> | <p>* All Grains are Whole Grain enriched.<br/>* All portions are based on age levels governed by the RI Food Program's values. More food may always be served.<br/>* All portion sizes are the minimum required.</p> |

October 2024

AGES  
6-11 MO

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 creed, disability, age, political 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, audiotope, 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.