



THE CHILDREN'S
WORKSHOP

Food Services MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Bananas</p>	<p>2 Formula or Breastmilk, Cheerios, Banana Formula or Breastmilk, Infant Oatmeal, Green Beans Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>3 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Carrots Formula or Breastmilk, Yogurt & Cheerios</p>	<p>4 Closed</p>	<p>5 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>
<p>8 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Bananas</p>	<p>9 Formula or Breastmilk, Cheerios, Banana Formula or Breastmilk, Infant Oatmeal, Green Beans Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>10 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Carrots Formula or Breastmilk, Yogurt & Cheerios</p>	<p>11 Formula or Breastmilk, Cheerios, Bananas Formula or Breastmilk, Infant Oatmeal, Apples Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>12 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>
<p>15 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Bananas</p>	<p>16 Formula or Breastmilk, Cheerios, Banana Formula or Breastmilk, Infant Oatmeal, Green Beans Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>17 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Carrots Formula or Breastmilk, Yogurt & Cheerios</p>	<p>18 Formula or Breastmilk, Cheerios, Bananas Formula or Breastmilk, Infant Oatmeal, Apples Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>19 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>
<p>22 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Bananas</p>	<p>23 Formula or Breastmilk, Cheerios, Banana Formula or Breastmilk, Infant Oatmeal, Green Beans Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>24 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Carrots Formula or Breastmilk, Yogurt & Cheerios</p>	<p>25 Formula or Breastmilk, Cheerios, Bananas Formula or Breastmilk, Infant Oatmeal, Apples Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>26 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Apples</p>
<p>29 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Sweet Potatoes Formula or Breastmilk, Cheerios, Bananas</p>	<p>30 Formula or Breastmilk, Cheerios, Banana Formula or Breastmilk, Infant Oatmeal, Green Beans Formula or Breastmilk, Ritz & Cheese Sticks</p>	<p>31 Formula or Breastmilk, Infant Oatmeal, Apple, Straw,, & Banana Blend Formula or Breastmilk, Infant Rice Cereal, Carrots Formula or Breastmilk, Yogurt & Cheerios</p>	<p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>	

* All Grains are Whole Grain enriched.
* All portions are based on age levels governed by the R! Food Programs values. More food may always be served.
* All portion sizes are the minimum required.

AGES
6-11 MO

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