

# Food Services MENU



THE CHILDREN'S  
WORKSHOP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

\* 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.

4	Rice Krispies, Apples, Milk Chicken Tenders, Green Beans, Oatmeal Bread, Pineapple, Milk Oranges & Goldfish	5	Corn Muffins, Bananas, Milk Cheese Tortellini, Peas, Cantaloupe, Milk Pears & Cheese Sticks	6	French Toast, Oranges, Milk Meatball Subs, Carrots, Apples, Milk Yogurt & Graham Crackers	7	Cheerios, Bananas, Milk Corned Beef, Mashed Potatoes, Dinner Rolls, Apples, Milk Pears & Cheese Sticks	8	English Muffins, Oranges, Milk Chicken Cacciatore, Brown Rice, Bananas, Milk Apples & Ritz
11	Rice Krispies, Apples, Milk Roasted Chicken, Brown Rice, Carrots, Pineapple, Milk Oranges & Goldfish	12	Blueberry Muffins, Bananas, Milk Shepard's Pie, Dinner Rolls, Cantaloupe, Milk Pears & Cheese Sticks	13	French Toast, Oranges, Milk Mac & Cheese, Broccoli, Apples, Milk Yogurt & Graham Crackers	14	Cheerios, Bananas, Milk Spaghetti & Meat Sauce, Peas, Apples, Milk Pears & Cheese Sticks	15	English Muffins, Oranges, Milk Chicken Nuggets, Carrots, Rye Bread, Bananas, Milk Apples & Ritz
18	Rice Krispies, Apples, Milk Chicken Patty Sandwiches, Green Beans, Pineapple, Milk Oranges & Goldfish	19	Corn Muffins, Bananas, Milk Chili, Corn Bread, Cantaloupe, Milk Pears & Cheese Sticks	20	French Toast, Oranges, Milk Chicken in a Bowl, Dinner Rolls, Apples, Milk Yogurt & Graham Crackers	21	Cheerios, Bananas, Milk Beef Nacho's, Salsa, Chips/Tortillas, Cheese, Apples, Milk Pears & Cheese Sticks	22	English Muffins, Oranges, Milk Cheese Pizza, Garden Salad, Bananas, Milk Apples & Ritz
25	Rice Krispies, Apples, Milk Meatball Subs, Peas, Pineapple, Milk Oranges & Goldfish	26	Blueberry Muffins, Bananas, Milk Chicken Tenders, Green Beans, Wheat Bread, Cantaloupe, Milk Pears & Cheese Sticks	27	French Toast, Oranges, Milk Lasagna, Carrots, Apples, Milk Yogurt & Graham Crackers	28	Cheerios, Bananas, Milk Chicken Noodle Soup, Dinner Rolls, Apples, Milk Pears & Cheese Sticks	29	English Muffins, Oranges, Milk BBQ Chicken, Corn, Dinner Rolls, Bananas, Milk Apples & Ritz

BLUE = Breakfast

RED = Lunch

GREEN = Snack

# March 2024

AGES  
1-13 YRS

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