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.	BLUE = Breakfast RED = Lunch GREEN = Snack		1 Cheerios, Bananas, Milk Rib A Que Sandwiches, Corn, Hamb. Rolls, Apples, Milk Ritz & Cheese Sticks	2 English Muffins, Oranges, Milk Cheese Pizza, Garden Salad, Honeydew, Milk Apples & Goldfish
5 Rice Krispies, Oranges, Milk Meatball Subs, Peas, Torpedo Rolls, Pineapple, Milk Blueberries & Goldfish	6 Blueberry Muffins, Bananas, Milk Seasoned Chicken, Brown Rice, Corn, Cantaloupe, Milk Ritz & Cheese Sticks	7 French Toast, Oranges, Milk Mac & Cheese, Broccoli, Pears, Milk Yogurt & Graham Crackers	8 Cheerios, Bananas, Milk Shepard's Pie, Dinner Rolls, Apples, Milk Ritz & Cheese Sticks	9 English Muffins, Oranges, Milk Turkey Sandwiches, Carrot Sticks w/ Dip, Honeydew, Milk Apples & Goldfish
12 Rice Krispies, Oranges, Milk Hamburgers w/ Cheese, Pasta Salad, Pineapple, Milk Blueberries & Goldfish	13 Corn Muffins, Bananas, Milk Chicken Nuggets, Peas, Dinner Rolls, Cantaloupe, Milk Ritz & Cheese Sticks	14 French Toast, Oranges, Milk American Chop Suey, Green Beans, Pears, Milk Yogurt & Graham Crackers	15 Cheerios, Bananas, Milk Grilled Chicken Sandwiches, Carrots, Apples, Milk Ritz & Cheese Sticks	16 English Muffins, Oranges, Milk Ham Sandwiches, Sliced Cucumbers w/ Dip, Honeydew, Milk Apples & Goldfish
19 Rice Krispies, Oranges, Milk Chicken Tenders, Corn, Wheat Bread, Pineapple, Milk Blueberries & Goldfish	20 Blueberry Muffins Bananas, Milk Shepard's Pie, Dinner Rolls, Cantaloupe, Milk Ritz & Cheese Sticks	21 French Toast, Oranges, Milk Cheese Ravioli, Peas, Pears, Milk Yogurt & Graham Crackers	22 Cheerios, Bananas, Milk All Beef Hot Dogs w, Rolls, Potato Salad, Apples, Milk Ritz & Cheese Sticks	23 English Muffins, Oranges, Milk Turkey Sandwiches, Carrot Sticks w/ Dip, Honeydew, Milk Apples & Goldfish
26 Rice Krispies, Oranges, Milk Chicken Patty Sandwiches, Green Beans, Pineapple, Milk Blueberries & Goldfish	27 Corn Muffins, Bananas, Milk Beef & Bean Nacho's, Chips/Tortillas, Salsa, Cheese, Cantaloupe, Milk Ritz & Cheese Sticks	28 French Toast, Oranges, Milk Chicken Nuggets, Corn, Wheat Bread, Pears, Milk Yogurt & Graham Crackers	29 Cheerios, Bananas, Milk Meatball Subs, Peas, Torpedo Rolls, Apples, Milk Ritz & Cheese Sticks	30 English Muffins, Oranges, Milk Cheese Pizza, Garden Salad, Honeydew, Milk Apples & Goldfish

August 2024

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