



THE CHILDREN'S
WORKSHOP

Food Services MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Rice Krispies, Oranges, Milk Chicken Nuggets, Peas, Dinner Rolls, Pineapple, Milk Blueberries & Goldfish</p>	<p>2 Corn Muffins, Bananas, Milk American Chop Suey, Green Beans, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>3 French Toast, Oranges, Milk BBQ Chicken, Corn, Dinner Rolls, Pears, Milk Yogurt & Graham Crackers</p>	<p>4 Closed</p>	<p>5 English Muffins, Oranges, Milk Ham Sandwiches, Carrot Sticks w/ Ranch, Honeydew, Milk Apples & Goldfish</p>
<p>8 Rice Krispies, Oranges, Milk Chicken in a Bowl, Dinner Rolls, Pineapple, Milk Blueberries & Goldfish</p>	<p>9 Blueberry Muffins, Bananas, Milk All Beef Hot Dogs, Pasta Salad, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>10 French Toast, Oranges, Milk Mac & Cheese, Broccoli, Pears, Milk Yogurt & Graham Crackers</p>	<p>11 Cheerios, Bananas, Milk Sloppy Joe Sandwiches, Corn, Apples, Milk Ritz & Cheese Sticks</p>	<p>12 English Muffins, Oranges, Milk Turkey Sandwiches, Potato Salad, Honeydew, Milk Apples & Goldfish</p>
<p>15 Rice Krispies, Oranges, Milk Grilled Chicken Sandwiches, Carrots, Pineapple, Milk Blueberries & Goldfish</p>	<p>16 Corn Muffins, Bananas, Milk Meatball Subs, Green Beans, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>17 French Toast, Oranges, Milk Chicken Tenders, Wheat Bread, Sliced Cucumbers w/ Dip, Pears, Milk Yogurt & Graham Crackers</p>	<p>18 Cheerios, Bananas, Milk Shepard's Pie, Dinner Rolls, Apples, Milk Ritz & Cheese Sticks</p>	<p>19 English Muffins, Oranges, Milk Cheese Pizza, Garden Salad, Honeydew, Milk Apples & Goldfish</p>
<p>22 Rice Krispies, Oranges, Milk Chicken Patty Sandwiches, Green Beans, Pineapple, Milk Blueberries & Goldfish</p>	<p>23 Blueberry Muffins Bananas, Milk Beef Nachos, Salsa, Chips/Tortillas, Cheese, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>24 French Toast, Oranges, Milk Cheese Ravioli, Pears, Pears, Milk Yogurt & Graham Crackers</p>	<p>25 Cheerios, Bananas, Milk Hamburgers w/ Cheese, Pasta Salad, Apples, Milk Ritz & Cheese Sticks</p>	<p>26 English Muffins, Oranges, Milk Italian Grinders, Carrot Sticks w/ Ranch, Honeydew, Milk Apples & Goldfish</p>
<p>29 Rice Krispies, Oranges, Milk Chicken Nuggets, Peas, Dinner Rolls, Pineapple, Milk Blueberries & Goldfish</p>	<p>30 Corn Muffins, Bananas, Milk All Beef Hot Dogs w/ Rolls, Pasta Salad, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>31 French Toast, Oranges, Milk Chicken Salad Sandwiches, Sliced Cucumbers w/ Dip, Pears, Milk Yogurt & Graham Crackers</p>	<p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>	<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.</p>

July

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