

Food Services MENU



THE CHILDREN'S
WORKSHOP

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
<p>* 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.</p> <p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>													
4	Rice Krispies, Apples, Milk Vegan Nuggets, 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 Vegetarian Meatball Subs, Carrots, Apples, Milk Yogurt & Graham Crackers	7	Cheerios, Bananas, Milk Garden Burgers, Mashed Potatoes, Dinner Rolls, Apples, Milk Pears & Cheese Sticks	8	English Muffins, Oranges, Milk Vegetarian Caccitore w/ Beans, Brown Rice, Bananas, Milk Apples & Ritz	1	English Muffins, Oranges, Milk Vegan Cutlets, Rice w/ Beans, Green Beans, Bananas, Milk Apples & Ritz		
11	Rice Krispies, Apples, Milk Roasted Vegan Cutlets, Brown Rice, Carrots, Pineapple, Milk Oranges & Goldfish	12	Blueberry Muffins, Bananas, Milk Vegetarian 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 & Sauce, Peas, Apples, Milk Pears & Cheese Sticks	15	English Muffins, Oranges, Milk Vegan Nuggets, Carrots, Rye Bread, Bananas, Milk Apples & Ritz	22	English Muffins, Oranges, Milk Cheese Pizza, Garden Salad, Bananas, Milk Apples & Ritz	29	English Muffins, Oranges, Milk BBQ Vegan Cutlets, Corn, Dinner Rolls Bananas, Milk Apples & Ritz
18	Rice Krispies, Apples, Milk Vegan Chicken Patty Sandwiches, Green Beans, Pineapple, Milk Oranges & Goldfish	19	Corn Muffins, Bananas, Milk Vegetarian Chili, Corn Bread, Cantaloupe, Milk Pears & Cheese Sticks	20	French Toast, Oranges, Milk Vegetarian Chicken in a Bowl, Dinner Rolls, Apples, Milk Yogurt & Graham Crackers	21	Cheerios, Bananas, Milk Bean Nacho's, Salsa, Chips/Tortillas, Cheese, Apples, Milk Pears & Cheese Sticks	28	Cheerios, Bananas, Milk Bean & Veggie Noodle Soup, Dinner Rolls, Apples, Milk Pears & Cheese Sticks	25	Rice Krispies, Apples, Milk Vegetarian Meatball Subs, Peas, Pineapple, Milk Oranges & Goldfish	26	Blueberry Muffins, Bananas, Milk Vegan Nuggets, Green Beans, Wheat Bread, Cantaloupe, Milk Pears & Cheese Sticks

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