



THE CHILDREN'S  
WORKSHOP

# Food Services MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Rice Krispies, Oranges, Milk Spaghetti & Meatsauce, Peas, Pineapple, Milk Apples & Goldfish	4 Wheat Toast, Bananas, Milk Chicken Noodle Soup, Dinner Rolls, Cantaloupe, Milk Ritz & Cheese Sticks	5 Yogurt w/ Granola, Oranges, Milk Pulled Pork Sandwiches, Corn, Pears, Milk Mandarin Oranges & Pretzels	6 Cheerios, Bananas, Milk Chicken Nuggets, Corn, Wheat Bread, Oranges, Milk Graham Crackers & Apples	7 English Muffins, Oranges, Milk Cheese Ravioli, Green Beans, Pears, Milk Apples & Goldfish
10 Rice Krispies, Oranges, Milk Shepard's Pie, Dinner Rolls, Pineapple, Milk Apples & Goldfish	11 Wheat Toast, Bananas, Milk Mac & Cheese, Broccoli, Pears, Cantaloupe, Milk Ritz & Cheese Sticks	12 Yogurt w/ Granola, Oranges, Milk Seasoned Diced Chicken, Rice & Beans, Broccoli, Pears, Milk Mandarin Oranges & Pretzels	13 English Muffins, Bananas, Milk Italian Wedding Soup, Dinner Rolls, Wheat Bread, Oranges, Milk Graham Crackers & Apples	14 English Muffins, Oranges, Milk Meatball Subs, Green Beans, Pears, Milk Apples & Goldfish
17 Closed	18 Wheat Toast, Bananas, Milk Cheese Tortellini, Green Beans, Cantaloupe, Milk Ritz & Cheese Sticks	19 Yogurt w/ Granola, Oranges, Milk Baked Ham, Sweet Potatoes, Pears, Milk Mandarin Oranges & Pretzels	20 Cheerios, Bananas, Milk American Chop Suey, Peas, Oranges, Milk Graham Crackers & Apples	21 English Muffins, Oranges, Milk Chicken Pot Pie, Dinner Rolls, Pears, Milk Apples & Goldfish
24 Rice Krispies, Oranges, Milk Meatball Subs, Green Beans, Pineapple, Milk Apples & Goldfish	25 Wheat Toast, Bananas, Milk Chicken Nuggets, Corn, Wheat Bread, Cantaloupe, Milk Ritz & Cheese Sticks	26 Yogurt w/ Granola, Oranges, Milk Chicken Caccitore, Brown Rice, Pears, Milk Mandarin Oranges & Pretzels	27 Cheerios, Bananas, Milk Mac & Cheese, Broccoli, Oranges, Milk Graham Crackers & Apples	28 English Muffins, Oranges, Milk Shepard's Pie, Dinner Rolls, Pears, Milk Apples & Goldfish

\* 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**

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February 2025  
 AGES  
 1-13 YRS