



THE CHILDREN'S
WORKSHOP

Food Services MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Rice Krispies, Oranges,³ Milk</p> <p>Spaghetti & Vegetarian Meatsauce, Peas, Pineapple, Milk</p> <p>Apples & Goldfish</p>	<p>Wheat Toast, Bananas,⁴ Milk</p> <p>Bean & Noodle Soup, Dinner Rolls, Cantaloupe, Milk</p> <p>Ritz & Cheese Sticks</p>	<p>Yogurt w/ Granola,⁵ Oranges, Milk</p> <p>Garden Burgers Sandwiches, Corn, Peas, Milk</p> <p>Mandarin Oranges & Pretzels</p>	<p>Cheerios, Bananas, Milk⁶</p> <p>Veggie Chix'n Nuggets, Corn, Wheat Bread, Oranges, Milk</p> <p>Graham Crackers & Apples</p>	<p>English Muffins, Oranges, Milk⁷</p> <p>Cheese Ravioli, Green Beans, Peas, Milk</p> <p>Apples & Goldfish</p>
<p>Rice Krispies, Oranges,¹⁰ Milk</p> <p>Vegetarian Shepard's Pie, Dinner Rolls, Pineapple, Milk</p> <p>Apples & Goldfish</p>	<p>Wheat Toast, Bananas,¹¹ Milk</p> <p>Mac & Cheese, Broccoli, Peas, Cantaloupe, Milk</p> <p>Ritz & Cheese Sticks</p>	<p>Yogurt w/ Granola,¹² Oranges, Milk</p> <p>Seasoned Vegan Cutlets, Rice & Beans, Broccoli, Peas, Milk</p> <p>Mandarin Oranges & Pretzels</p>	<p>English Muffins, Bananas, Milk¹³</p> <p>Vegetarian Italian Wedding Soup, Dinner Rolls, Wheat Bread, Oranges, Milk</p> <p>Graham Crackers & Apples</p>	<p>English Muffins, Oranges, Milk¹⁴</p> <p>Veggie Meatball Subs, Green Beans, Peas, Milk</p> <p>Apples & Goldfish</p>
<p>Closed¹⁷</p>	<p>Wheat Toast, Bananas,¹⁸ Milk</p> <p>Cheese Tortellini, Green Beans, Cantaloupe, Milk</p> <p>Ritz & Cheese Sticks</p>	<p>Yogurt w/ Granola,¹⁹ Oranges, Milk</p> <p>Garden Burgers, Sweet Potatoes, Peas, Milk</p> <p>Mandarin Oranges & Pretzels</p>	<p>Cheerios, Bananas, Milk²⁰</p> <p>Vegetarian American Chop Suey, Peas, Oranges, Milk</p> <p>Graham Crackers & Apples</p>	<p>English Muffins, Oranges, Milk²¹</p> <p>Veggie Pot Pie, Dinner Rolls, Peas, Milk</p> <p>Apples & Goldfish</p>
<p>Rice Krispies, Oranges,²⁴ Milk</p> <p>Veggie Meatball Subs, Green Beans, Pineapple, Milk</p> <p>Apples & Goldfish</p>	<p>Wheat Toast, Bananas,²⁵ Milk</p> <p>Veggie Chix'n Nuggets, Corn, Wheat Bread, Cantaloupe, Milk</p> <p>Ritz & Cheese Sticks</p>	<p>Yogurt w/ Granola,²⁶ Oranges, Milk</p> <p>Veggie Caccitore, Brown Rice, Peas, Milk</p> <p>Mandarin Oranges & Pretzels</p>	<p>Cheerios, Bananas, Milk²⁷</p> <p>Mac & Cheese, Broccoli, Oranges, Milk</p> <p>Graham Crackers & Apples</p>	<p>English Muffins, Oranges, Milk²⁸</p> <p>Vegetarian Shepard's Pie, Dinner Rolls, Peas, Milk</p> <p>Apples & Goldfish</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.

BLUE = Breakfast
RED = Lunch
GREEN = Snack

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1-13 YRS