

Food Services MENU



**THE CHILDREN'S
WORKSHOP**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Rice Krispies, Oranges, ² Milk Vegetarian Chili, Dinner Rolls, Pineapple, Milk Apples & Goldfish</p>	<p>Corn Muffins Bananas, ³ Milk Seasoned Cutlets, Brown Rice w. Beans, Carrots, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>French Toast, Oranges, ⁴ Milk Tortellini, Green Beans, Pears, Milk Mandarin Oranges & Pretzels</p>	<p>Cheerios, Bananas, Milk ⁵ Veggie Nuggets, Green Beans, Wheat Bread, Oranges, Milk Ritz & Cheese Sticks</p>	<p>English Muffins, Bananas, ⁶ Milk Vegetarian Shepard's Pie, Dinner Rolls, Pears, Milk Apples & Goldfish</p>
<p>Rice Krispies, Oranges, ⁹ Milk Vegetarian American Chop Suey, Peas, Pineapple, Milk Apples & Goldfish</p>	<p>Blueberry Muffins, ¹⁰ Bananas, Milk Hummus & Cheese Sandwiches, Sliced Cucumbers, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>French Toast, Oranges, ¹¹ Milk Veggie Nuggets, Corn, Wheat Bread, Pears, Milk Mandarin Oranges & Pretzels</p>	<p>Cheerios, Bananas, Milk ¹² Veggie Meatball Subs, Green Beans, Oranges, Milk Ritz & Cheese Sticks</p>	<p>English Muffins, Bananas, ¹³ Milk Mac & Cheese, Carrots, Pears, Milk Apples & Goldfish</p>
<p>Rice Krispies, Oranges, ¹⁶ Milk Vegetarian Chix'n Noodle Soup, Dinner Rolls, Pineapple, Milk Apples & Goldfish</p>	<p>Corn Muffins Bananas, ¹⁷ Milk Garden Burger Sandwiches, Corn, Cantaloupe, Milk Ritz & Cheese Sticks</p>	<p>French Toast, Oranges, ¹⁸ Milk Veggie Nuggets, Green Beans, Wheat Bread, Pears, Milk Mandarin Oranges & Pretzels</p>	<p>Cheerios, Bananas, Milk ¹⁹ Cheese Ravioli, Peas, Oranges, Milk Ritz & Cheese Sticks</p>	<p>English Muffins, Bananas, ²⁰ Milk Vegetarian Shepard's Pie, Dinner Rolls, Pears, Milk Apples & Goldfish</p>
<p>Rice Krispies, Oranges, ²³ Milk Veggie Caccatore, Brown Rice, Pineapple, Milk Apples & Goldfish</p>	<p>Closed ²⁴</p>	<p>Closed ²⁵</p>	<p>Cheerios, Bananas, Milk ²⁶ Vegetarian Crispy Chix'n Sandwiches, Carrots, Oranges, Milk Ritz & Cheese Sticks</p>	<p>English Muffins, Bananas, ²⁷ Milk Vegetarian Italian Wedding Soup, Dinner Rolls, Pears, Milk Apples & Goldfish</p>
<p>Rice Krispies, Oranges, ³⁰ Milk Veggie Meatball Subs, Green Beans, Pineapple, Milk Apples & Goldfish</p>	<p>Corn Muffins Bananas, ³¹ Milk Veggie Chix'n in a Bowl, Rye Bread, Cantaloupe, Milk Ritz & Cheese Sticks</p>		<p>BLUE = Breakfast RED = Lunch GREEN = Snack</p>	

AGES
1-13 YRS

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VEGETARIAN MENU

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