CURRENT Menu 6/28/2024

# **REDWOOD**

Snack

12 100

15 100

0

0

0

0

80

Milk

Cereal WG

### July 2024 Menu

			_	_		_				Jul	y <b>Z</b> U	<u> </u>	AICII	u	
							WEE	K 1							
	Monday, July 1	2024					***		Tuesday, July	, 2 202	1				
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb		Pro	Fat	Fib	Sod
Item#	Breakfast	Carb	Cai		<u>r at</u>	110	300	Item	Breakfast	Carb	Cai	-10	<u>r at</u>	1 10	300
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
10	Banana	15	40	0	0	0	0	4	Juice	12	60	0	0	0	0
17	Muffin WG	15	100	0	0	0	0	21	Cereal WG	15	100	0	0	0	0
													,	,	
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
183	Cracked Chicken Spaghetti	0	0	0	0	0	0	138	Chicken Patty	0	0	0	0	0	0
137	Salad/Dressing (A) Peas & carrots (C)	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
56	Garlic Bread	12	100	0	0	0	0	12	Wheat Bun WG	0	0	0	0	0	0
	Snack								Snack						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
30	Chex Mix	12	80	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
	Wednesday, July		Thursday, July	y 4, 202	24										
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items						
	Breakfast			_	_	_	_		Breakfast						
80	Milk	12	100	0	0	0	0		110110111111111111111111111111111111111						
81	Mixed Fruit	15	100	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
14	Biscuits	12	130	0	0	0	0								
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0		Lunch						
115	Turkey Cheese/Wheat	12	230	0	0	0	0								
101	Potato Wedges	25	100	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
93	Pineapple	15	60	0	0	0	0		TIGEIDITI GOTIGGE GEGGED	<u> </u>		Ů			
45	Crackers	20	100	0	0	0	0								
	- Crusicore														
	Snack								Snack						
4	Juice	12	60	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
57	Goldfish Crackers WG	20	100	0	0	0	0								
	Friday, July 5,	2024													
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
4	Juice	12	60	0	0	0	0								
123	Yogurt	12	80	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
192	Pimento Cheese & Ham Salad	0	0	0	0	0	0								
186	Pea Salad(a) Peas (c)	0	0	0	0	0	0								
184	Cantalope	0	0	0	0	0	0								
185	Crackers (A) Bread (C)	0	0	0	0	0	0								

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0

0

0

CURRENT Menu 6/28/2024

# **REDWOOD**

Snack

12 100

15

40

0

0

0

0

0

80

10

Milk

Banana

#### July 2024 Menu

• • •	<b>51100</b> D	_	_			_				Jul	y 20	24 I	vieli	u	_
							WEE	K 2							
	Monday, July 8	3. 2024							Tuesday, July	v 9. 202	4				
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb		Pro	Fat	Fib	Sod
	Breakfast								Breakfast						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
6	Applesauce	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
17	Muffin WG	15	100	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0
	Lunch								Lunch		100				
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
170	Meatball Hoagy	0 22	0	0	0	0	0	187	Hot Dog (A) CheeseBurger ( C) Baked Beans	0	0	0	0	0	0
55 88	French Fries/Catsup Peaches	12	110 60	0	0	0	0	173 93		15	60	0	0	0	0
88	Peaches	12	60	U	U	U	U	93	Pineapple	15	60	U	U	U	U
122	WG Bun	12	100	0	0	0	0	122	WG Bun	12	100	0	0	0	0
	Snack		100	Ů		Ľ			Snack	1	100	Ů	_	_	Ů
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0								
	ŭ							3	Animal Crackers	12	100	0	0	0	0
	Wednesday, July			Thursday, July	/ 11, 20:	24									
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
	Breakfast								Breakfast						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
14	Biscuits	12	130	0	0	0	0	54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0
	1 b					1			Lumak	_					
80	Lunch	12	100	0	0	0	0	80	Lunch Milk	12	100	0	0	0	0
191	Chicken Quesadilla(A) Quessadilla (c)	0	0	0	0	0	0	11	BBQ	0	0	0	0	0	0
42	Corn (A) Peas (C)	15	80	0	0	0	0	41	Cole Slaw (A) Carrots (C)	12	110	0	0	0	0
177	Cinnamon Apples	0	0	0	0	0	0	10	Banana	15	40	0	0	0	0
74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0	122	WG Bun	12	100	0	0	0	0
143	Flour Tortilla	0	0	0	0	0	0	188	Chips (a)	0	0	0	0	0	0
	Snack								Snack						
								80	Milk	12	100	0	0	0	0
59	Juice	16	20	0	0	0	0								
								117	Vanilla Wafers	17	120	0	0	0	0
130	Cheese String	0	0	0	0	0	0								
	Friday, July 12	, 2024		1	1	1									
Item#	Menu Items														
00	Breakfast Milk	10	100					l							
80 77	Mandarin Oranges	12 12	100 60	0	0	0	0	ł							
120	Bagel	0	0	0	0	0	0	ł							
120	Dagoi			0				İ							
	Lunch							1							
80	Milk	12	100	0	0	0	0	1							
128	Chef Salad ( A) / Turkey Sandwich ( C)	0	0	0	0	0	0	1							
88	Peaches	12	60	0	0	0	0	1							
156	Lettuce(A) Green Beans (C)	0	0	0	0	0	0								
45	Crackers	20	100	0	0	0	0	]							

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# **REDWOOD**

### July 2024 Menu

							WEE	K 2							
	Monday, July 1	E 2024					VVEE	N 3	Tuesday, July	16 202	14				
Item#	Menu Items	5, 2024 Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	F-4	Fib	Cod
item#	Breakfast	Carb	Cai	Pro	rat	FID	500	item#	Breakfast	Carb	Cai	Pro	<u>Fat</u>	FID	Sod
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
88	Peaches	12	60	0	0	0	0	46	Cranraisins	15	50	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	49	Cream of Wheat	24	110	0	0	0	0
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
163	General Tso Chicken	0	0	0	0	0	0	65	Ham Sandwich	10	100	0	0	0	0
145	Mixed Vegetables	0	0	0	0	0	0	100	Potato Salad	25	150	0	0	0	0
93	Pineapple	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
164	Rice	0	0	0	0	0	0								
								122	WG Bun	12	100	0	0	0	0
	Snack								Snack						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
57	Goldfish Crackers WG	20	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
	Wednesday, July					•			Thursday, July	18, 20	24				
Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items						
	Breakfast			_	_		_		Breakfast			_		_	
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	96	Pancakes WG	35	225	0	0	0	0
	1 b								Lumak						
00	Lunch	10	100	0	_	0		00	Lunch	10	100	0	_	_	0
80 53	Milk Fish	12 17	100 150	0	0	0	0	80 27	Milk Pizza WG	12 17	100 230	0	0	0	0
61	Green Beans	10	80	0	0	0	0	133	Caesar Salad (A) Broccoli (C)	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
76	Mac & Cheese	17	115	0	0	0	0	50	Crust WG	45	200	0	0	0	0
70	Wac a cricese	17	113	U		-	U	30	Grast WG	73	200	0			0
	Snack								Snack						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
								10	Banana	15	40	0	0	0	0
30	Chex Mix	12	80	0	0	0	0								
	Friday, July 19	, 2024	•		•	•				•	•		•	•	
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
36	Chicken Salad	25	100	0	0	0	0								
101	Potato Wedges	25	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								
157	Crossiant	0	0	0	0	0	0								
	Snack														
50		10													
59	Juice	16	20	0	0	0	0								
100	Vegunt	10	00		0	_									
123	Yogurt	12	80	0	0	0	0								

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CURRENT Menu 6/28/2024

### **REDWOOD**

Crossiant

Crackers

Goldfish Crackers WG

Milk

Snack

12 100

20 100

#### July 2024 Menu

11111	JWOOD									July	/ 20	24 1	vien	u	
							WEE	K 4							
	Monday, July 2	2, 2024							Tuesday, July	23, 202	4				
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
	Breakfast								Breakfast						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
146	Waffles WG	0	0	0	0	0	0	21	Cereal WG	15	100	0	0	0	0
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
37	Chicken Tenders (a) Chicken Nugget (c	25	240	0	0	0	0	189	Beef Nachos (A) Tacos (C)	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	166	Refried Beans	0	0	0	0	0	0
89	Pears	12	80	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0
106	Roll	15	100	0	0	0	0	167	Chips Queso (A) Tortilla (C)	0	0	0	0	0	0
								74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0
	Snack								Snack					_	
							_	80	Milk	12	100	0	0	0	0
59	Juice	16	20	0	0	0	0			_			_	_	_
100	OI OI							136	Graham Crackers WG	0	0	0	0	0	0
130	Cheese String	0	0	0	0	0	0		<del>-</del>	05.00					
	Wednesday, July 24, 2024								Thursday, July	25, 202	24			1	
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items		<u> </u>				
00	Breakfast	40	100						Breakfast	10	100		_	•	•
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
88 14	Peaches Biscuits	12 12	60 130	0	0	0	0	77 141	Mandarin Oranges Pancakes	12 35	60	0	0	0	0
14	Biscuits	12	130	U	U	U	U	141	Paricakes	35	210	U	U	U	U
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
115	Turkey Cheese/Wheat	12	230	0	0	0	0	107	Sausage/Egg & Cheese Biscuit WG	20	210	0	0	0	0
101	Potato Wedges	25	100	0	0	0	0	66	Hashbrown	22	150	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
121	Bread WG	12	80	0	0	0	0	14	Biscuits	12	130	0	0	0	0
	Snack								Snack						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
4	Juice	12	60	0	0	0	0								
123	Yogurt	12	80	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0
	Friday, July 26	, 2024													
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0	Į.							
21	Cereal WG	15	100	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
124	Tuna Salad	0	0	0	0	0	0	l							
118	Vegetable Soup	22	180	0	0	0	0	l							
89	Pears	12	80	0	0	0	0								

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# **REDWOOD**

See Next Month's Menu

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### July 2024 Menu

	31100B									Jul	y 20	24 1	vieii	u	
							WEE	K 5							
	Monday, July 2	00 2024					WLL	K J	Tuesday, July	20 202	24				
ltom#	Menu Items	29, 2024 Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	Carb		Pro	Fat	Fib	Sod
Item#	Breakfast	Carb	Cai	Pro	rat	FID	500	item#	Breakfast	Carb	Cai	Pro	rat	FID	500
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	0	0	0	0
120	Bagel	0	0	0	0	0	0	17	Muffin WG	15	100	0	0	0	0
	Eago.	Ť					Ŭ					Ť	Ť	Ť	
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
139	Sloppy Joe	0	0	0	0	0	0	182	Baked Potato W/ cheese	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	18	Broccoli	10	80	0	0	0	0
181	Cole Slw (A) Broccoli (C)	0	0	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
12	Wheat Bun WG	0	0	0	0	0	0	106	Roll	15	100	0	0	0	0
	Snack								Snack						
4	hijaa	12	60	0	0	0	0	80	Milk	12	100	0	0	0	0
4	Juice	12	60	0	U	U	0	F-7	Caldfish Creakers MC	20	100			0	0
123	Yogurt	12	80	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	U
123	Wednesday, July			U	U	U	U		Thursday, Aug	uet 1 20	124				
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	ust 1, 20	J24				ı
item#	Breakfast	Carb	Cai	<u>F10</u>	гац	FID	300	Item#	Breakfast						
80	Milk	12	100	0	0	0	0		Dicariust						
88	Peaches	12	60	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
14	Biscuits	12	130	0	0	0	0								
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0								
161	Cheese Coney (A) Hamburger (C)	0	0	0	0	0	0								
55	French Fries/Catsup	22	110	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
6	Applesauce	15	60	0	0	0	0								
122	WG Bun	12	100	0	0	0	0								
	Snack								Snack						
80	Milk	12	100	0	0	0	0		Snack	+					
00	IVIIK	12	100	U	U		-								
30	Chex Mix	12	80	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
	Office Wife	,_	- 00		Ť		Ů	-	CCC TOXE MOTHET C MICHE	<u> </u>	Ů	Ť	Ť		Ů
	Friday, August	2. 2024	i												
Item#	Menu Items	1						1							
	Breakfast							1							
								1							
b	See Next Month's Menu	0	0	0	0	0	0								
	Lunch							l							
								l							
	Coo Novi Monthle Monu						0	l							
b	See Next Month's Menu	0	0	0	0	0	0	l							
								l							
								ł							
	Snack							İ							
	Ondok							l							

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