

# REDWOOD

## August 2024 Menu

| WEEK 1                   |                                     |      |     |     |     |     |     |                          |                                   |      |     |     |     |     |     |
|--------------------------|-------------------------------------|------|-----|-----|-----|-----|-----|--------------------------|-----------------------------------|------|-----|-----|-----|-----|-----|
| Monday, July 29, 2024    |                                     |      |     |     |     |     |     | Tuesday, July 30, 2024   |                                   |      |     |     |     |     |     |
| Item#                    | Menu Items                          | Carb | Cal | Pro | Fat | Fib | Sod | Item#                    | Menu Items                        | Carb | Cal | Pro | Fat | Fib | Sod |
| <b>Breakfast</b>         |                                     |      |     |     |     |     |     | <b>Breakfast</b>         |                                   |      |     |     |     |     |     |
| a                        | See Last Month's Menu               | 0    | 0   | 0   | 0   | 0   | 0   | a                        | See Last Month's Menu             | 0    | 0   | 0   | 0   | 0   | 0   |
| <b>Lunch</b>             |                                     |      |     |     |     |     |     | <b>Lunch</b>             |                                   |      |     |     |     |     |     |
| a                        | See Last Month's Menu               | 0    | 0   | 0   | 0   | 0   | 0   | a                        | See Last Month's Menu             | 0    | 0   | 0   | 0   | 0   | 0   |
| <b>Snack</b>             |                                     |      |     |     |     |     |     | <b>Snack</b>             |                                   |      |     |     |     |     |     |
| a                        | See Last Month's Menu               | 0    | 0   | 0   | 0   | 0   | 0   | a                        | See Last Month's Menu             | 0    | 0   | 0   | 0   | 0   | 0   |
| Wednesday, July 31, 2024 |                                     |      |     |     |     |     |     | Thursday, August 1, 2024 |                                   |      |     |     |     |     |     |
| Item#                    | Menu Items                          | Carb | Cal | Pro | Fat | Fib | Sod | Item#                    | Menu Items                        | Carb | Cal | Pro | Fat | Fib | Sod |
| <b>Breakfast</b>         |                                     |      |     |     |     |     |     | <b>Breakfast</b>         |                                   |      |     |     |     |     |     |
| a                        | See Last Month's Menu               | 0    | 0   | 0   | 0   | 0   | 0   | 80                       | Milk                              | 12   | 100 | 0   | 0   | 0   | 0   |
|                          |                                     |      |     |     |     |     |     | 81                       | Mixed Fruit                       | 15   | 100 | 0   | 0   | 0   | 0   |
|                          |                                     |      |     |     |     |     |     | 146                      | Waffles WG                        | 0    | 0   | 0   | 0   | 0   | 0   |
| <b>Lunch</b>             |                                     |      |     |     |     |     |     | <b>Lunch</b>             |                                   |      |     |     |     |     |     |
| a                        | See Last Month's Menu               | 0    | 0   | 0   | 0   | 0   | 0   | 80                       | Milk                              | 12   | 100 | 0   | 0   | 0   | 0   |
|                          |                                     |      |     |     |     |     |     | 63                       | Grilled Chicken Sandwich          | 17   | 60  | 0   | 0   | 0   | 0   |
|                          |                                     |      |     |     |     |     |     | 108                      | Spinach Salad (A) Green beans (C) | 25   | 125 | 0   | 0   | 0   | 0   |
|                          |                                     |      |     |     |     |     |     | 10                       | Banana                            | 15   | 40  | 0   | 0   | 0   | 0   |
|                          |                                     |      |     |     |     |     |     | 122                      | WG Bun                            | 12   | 100 | 0   | 0   | 0   | 0   |
| <b>Snack</b>             |                                     |      |     |     |     |     |     | <b>Snack</b>             |                                   |      |     |     |     |     |     |
| a                        | See Last Month's Menu               | 0    | 0   | 0   | 0   | 0   | 0   | 80                       | Milk                              | 12   | 100 | 0   | 0   | 0   | 0   |
|                          |                                     |      |     |     |     |     |     | 21                       | Cereal WG                         | 15   | 100 | 0   | 0   | 0   | 0   |
| Friday, August 2, 2024   |                                     |      |     |     |     |     |     |                          |                                   |      |     |     |     |     |     |
| Item#                    | Menu Items                          | Carb | Cal | Pro | Fat | Fib | Sod |                          |                                   |      |     |     |     |     |     |
| <b>Breakfast</b>         |                                     |      |     |     |     |     |     |                          |                                   |      |     |     |     |     |     |
| 80                       | Milk                                | 12   | 100 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| 10                       | Banana                              | 15   | 40  | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| 52                       | English Muffin Marg/Butter/Jelly    | 12   | 100 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| <b>Lunch</b>             |                                     |      |     |     |     |     |     |                          |                                   |      |     |     |     |     |     |
| 80                       | Milk                                | 12   | 100 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| 65                       | Ham Sandwich                        | 10   | 100 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| 101                      | Potato Wedges                       | 25   | 100 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| 192                      | Sherbert                            | 26   | 120 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| 45                       | Crackers                            | 20   | 100 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| 47                       | Cream of Chicken&Wild Rice Soup (A) | 30   | 150 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| <b>Snack</b>             |                                     |      |     |     |     |     |     |                          |                                   |      |     |     |     |     |     |
| 28                       | Cheese                              | 4    | 180 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |
| 45                       | Crackers                            | 20   | 100 | 0   | 0   | 0   | 0   |                          |                                   |      |     |     |     |     |     |

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## August 2024 Menu

| WEEK 2                    |                               |      |     |     |     |     |     |                          |                          |      |     |     |     |     |     |  |
|---------------------------|-------------------------------|------|-----|-----|-----|-----|-----|--------------------------|--------------------------|------|-----|-----|-----|-----|-----|--|
| Monday, August 5, 2024    |                               |      |     |     |     |     |     | Tuesday, August 6, 2024  |                          |      |     |     |     |     |     |  |
| Item#                     | Menu Items                    | Carb | Cal | Pro | Fat | Fib | Sod | Item#                    | Menu Items               | Carb | Cal | Pro | Fat | Fib | Sod |  |
| <b>Breakfast</b>          |                               |      |     |     |     |     |     | <b>Breakfast</b>         |                          |      |     |     |     |     |     |  |
| 80                        | Milk                          | 12   | 100 | 0   | 0   | 0   | 0   | 80                       | Milk                     | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 89                        | Pears                         | 12   | 80  | 0   | 0   | 0   | 0   | 4                        | Juice                    | 12   | 60  | 0   | 0   | 0   | 0   |  |
| 120                       | Bagel                         | 0    | 0   | 0   | 0   | 0   | 0   | 17                       | Muffin WG                | 15   | 100 | 0   | 0   | 0   | 0   |  |
| <b>Lunch</b>              |                               |      |     |     |     |     |     | <b>Lunch</b>             |                          |      |     |     |     |     |     |  |
| 80                        | Milk                          | 12   | 100 | 0   | 0   | 0   | 0   | 80                       | Milk                     | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 138                       | Chicken Patty                 | 0    | 0   | 0   | 0   | 0   | 0   | 184                      | Meatball Hoagy           | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 20                        | Broccoli Casserole            | 40   | 150 | 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   |  |
| 122                       | WG Bun                        | 12   | 100 | 0   | 0   | 0   | 0   | 122                      | WG Bun                   | 12   | 100 | 0   | 0   | 0   | 0   |  |
| <b>Snack</b>              |                               |      |     |     |     |     |     | <b>Snack</b>             |                          |      |     |     |     |     |     |  |
| 80                        | Milk                          | 12   | 100 | 0   | 0   | 0   | 0   | 80                       | Milk                     | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 123                       | Yogurt                        | 12   | 80  | 0   | 0   | 0   | 0   | 136                      | Graham Crackers WG       | 0    | 0   | 0   | 0   | 0   | 0   |  |
| Wednesday, August 7, 2024 |                               |      |     |     |     |     |     | Thursday, August 8, 2024 |                          |      |     |     |     |     |     |  |
| Item#                     | Menu Items                    | Carb | Cal | Pro | Fat | Fib | Sod | Item#                    | Menu Items               | Carb | Cal | Pro | Fat | Fib | Sod |  |
| <b>Breakfast</b>          |                               |      |     |     |     |     |     | <b>Breakfast</b>         |                          |      |     |     |     |     |     |  |
| 80                        | Milk                          | 12   | 100 | 0   | 0   | 0   | 0   | 80                       | Milk                     | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 81                        | Mixed Fruit                   | 15   | 100 | 0   | 0   | 0   | 0   | 10                       | Banana                   | 15   | 40  | 0   | 0   | 0   | 0   |  |
| 14                        | Biscuits                      | 12   | 130 | 0   | 0   | 0   | 0   | 54                       | Fr. Toast/Syrup-Wheat(A) | 12   | 180 | 0   | 0   | 0   | 0   |  |
| <b>Lunch</b>              |                               |      |     |     |     |     |     | <b>Lunch</b>             |                          |      |     |     |     |     |     |  |
| 80                        | Milk                          | 12   | 100 | 0   | 0   | 0   | 0   | 80                       | Milk                     | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 189                       | Quesadilla                    | 0    | 0   | 0   | 0   | 0   | 0   | 126                      | Grilled Cheese           | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 190                       | Corn Casserole (a) Peas (C )  | 0    | 0   | 0   | 0   | 0   | 0   | 125                      | Tomato Soup              | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 6                         | Applesauce                    | 15   | 60  | 0   | 0   | 0   | 0   | 93                       | Pineapple                | 15   | 60  | 0   | 0   | 0   | 0   |  |
| 74                        | Lettuce/Tomato/Sour cream     | 22   | 65  | 0   | 0   | 0   | 0   | 121                      | Bread WG                 | 12   | 80  | 0   | 0   | 0   | 0   |  |
| <b>Snack</b>              |                               |      |     |     |     |     |     | <b>Snack</b>             |                          |      |     |     |     |     |     |  |
| 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, August 9, 2024    |                               |      |     |     |     |     |     |                          |                          |      |     |     |     |     |     |  |
| Item#                     | Menu Items                    | Carb | Cal | Pro | Fat | Fib | Sod |                          |                          |      |     |     |     |     |     |  |
| <b>Breakfast</b>          |                               |      |     |     |     |     |     |                          |                          |      |     |     |     |     |     |  |
| 80                        | Milk                          | 12   | 100 | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| 77                        | Mandarin Oranges              | 12   | 60  | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| 120                       | Bagel                         | 0    | 0   | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| <b>Lunch</b>              |                               |      |     |     |     |     |     |                          |                          |      |     |     |     |     |     |  |
| 80                        | Milk                          | 12   | 100 | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| 187                       | Baked Cod(A) Fish Sticks (C ) | 0    | 0   | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| 23                        | Carrots                       | 10   | 80  | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| 10                        | Banana                        | 15   | 40  | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| 164                       | Rice (A)                      | 0    | 0   | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| 106                       | Roll                          | 15   | 100 | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| <b>Snack</b>              |                               |      |     |     |     |     |     |                          |                          |      |     |     |     |     |     |  |
| 80                        | Milk                          | 12   | 100 | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |
| 10                        | Banana                        | 15   | 40  | 0   | 0   | 0   | 0   |                          |                          |      |     |     |     |     |     |  |

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## August 2024 Menu

| WEEK 3                            |                           |      |     |     |     |     |     |                                  |                                       |      |     |     |     |     |     |  |
|-----------------------------------|---------------------------|------|-----|-----|-----|-----|-----|----------------------------------|---------------------------------------|------|-----|-----|-----|-----|-----|--|
| Monday, August 12, 2024           |                           |      |     |     |     |     |     | Tuesday, August 13, 2024         |                                       |      |     |     |     |     |     |  |
| Item#                             | Menu Items                | Carb | Cal | Pro | Fat | Fib | Sod | Item#                            | Menu Items                            | Carb | Cal | Pro | Fat | Fib | Sod |  |
| <b>Breakfast</b>                  |                           |      |     |     |     |     |     | <b>Breakfast</b>                 |                                       |      |     |     |     |     |     |  |
| 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   | 83                               | Oatmeal WG                            | 29   | 210 | 0   | 0   | 0   | 0   |  |
| <b>Lunch</b>                      |                           |      |     |     |     |     |     | <b>Lunch</b>                     |                                       |      |     |     |     |     |     |  |
| 80                                | Milk                      | 12   | 100 | 0   | 0   | 0   | 0   | 80                               | Milk                                  | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 188                               | Cracked Chicken Spaghetti | 0    | 0   | 0   | 0   | 0   | 0   | 178                              | Rueben Sliders (A) Turkey Sanwich (C) | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 18                                | Broccoli                  | 10   | 80  | 0   | 0   | 0   | 0   | 179                              | Potato Cakes                          | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 77                                | Mandarin Oranges          | 12   | 60  | 0   | 0   | 0   | 0   | 81                               | Mixed Fruit                           | 15   | 100 | 0   | 0   | 0   | 0   |  |
| 56                                | Garlic Bread              | 12   | 100 | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| <b>Snack</b>                      |                           |      |     |     |     |     |     | <b>Snack</b>                     |                                       |      |     |     |     |     |     |  |
| 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   |  |
| <b>Wednesday, August 14, 2024</b> |                           |      |     |     |     |     |     | <b>Thursday, August 15, 2024</b> |                                       |      |     |     |     |     |     |  |
| Item#                             | Menu Items                | Carb | Cal | Pro | Fat | Fib | Sod | Item#                            | Menu Items                            | Carb | Cal | Pro | Fat | Fib | Sod |  |
| <b>Breakfast</b>                  |                           |      |     |     |     |     |     | <b>Breakfast</b>                 |                                       |      |     |     |     |     |     |  |
| 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   |  |
| <b>Lunch</b>                      |                           |      |     |     |     |     |     | <b>Lunch</b>                     |                                       |      |     |     |     |     |     |  |
| 80                                | Milk                      | 12   | 100 | 0   | 0   | 0   | 0   | 80                               | Milk                                  | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 140                               | Cheeseburger              | 0    | 0   | 0   | 0   | 0   | 0   | 180                              | Quiche'                               | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 55                                | French Fries/Catsup       | 22   | 110 | 0   | 0   | 0   | 0   | 131                              | Spring Salad (A) Green Beans (C)      | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 88                                | Peaches                   | 12   | 60  | 0   | 0   | 0   | 0   | 81                               | Mixed Fruit                           | 15   | 100 | 0   | 0   | 0   | 0   |  |
|                                   |                           |      |     |     |     |     |     | 17                               | Muffin WG                             | 15   | 100 | 0   | 0   | 0   | 0   |  |
| 122                               | WG Bun                    | 12   | 100 | 0   | 0   | 0   | 0   | 191                              | HaPpY BiRtHdAy JESSICA OSBORNE        | 0    | 0   | 0   | 0   | 0   | 0   |  |
| <b>Snack</b>                      |                           |      |     |     |     |     |     | <b>Snack</b>                     |                                       |      |     |     |     |     |     |  |
| 80                                | Milk                      | 12   | 100 | 0   | 0   | 0   | 0   | 80                               | Milk                                  | 12   | 100 | 0   | 0   | 0   | 0   |  |
|                                   |                           |      |     |     |     |     |     | 5                                | Apple Slices                          | 8    | 30  | 0   | 0   | 0   | 0   |  |
| 30                                | Chex Mix                  | 12   | 80  | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| <b>Friday, August 16, 2024</b>    |                           |      |     |     |     |     |     |                                  |                                       |      |     |     |     |     |     |  |
| Item#                             | Menu Items                | Carb | Cal | Pro | Fat | Fib | Sod |                                  |                                       |      |     |     |     |     |     |  |
| <b>Breakfast</b>                  |                           |      |     |     |     |     |     |                                  |                                       |      |     |     |     |     |     |  |
| 80                                | Milk                      | 12   | 100 | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| 88                                | Peaches                   | 12   | 60  | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| 21                                | Cereal WG                 | 15   | 100 | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| <b>Lunch</b>                      |                           |      |     |     |     |     |     |                                  |                                       |      |     |     |     |     |     |  |
| 80                                | Milk                      | 12   | 100 | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| 36                                | Chicken Salad             | 25   | 100 | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| 151                               | Sweet Potato Tots         | 0    | 0   | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| 10                                | Banana                    | 15   | 40  | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| 157                               | Crossiant                 | 0    | 0   | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| <b>Snack</b>                      |                           |      |     |     |     |     |     |                                  |                                       |      |     |     |     |     |     |  |
| 59                                | Juice                     | 16   | 20  | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |
| 123                               | Yogurt                    | 12   | 80  | 0   | 0   | 0   | 0   |                                  |                                       |      |     |     |     |     |     |  |

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## August 2024 Menu

| WEEK 4                            |  |      |     |     |     |     |     |                                  |                                |      |     |     |     |     |     |  |
|-----------------------------------|--|------|-----|-----|-----|-----|-----|----------------------------------|--------------------------------|------|-----|-----|-----|-----|-----|--|
| Monday, August 19, 2024           |  |      |     |     |     |     |     | Tuesday, August 20, 2024         |                                |      |     |     |     |     |     |  |
| Item#                             | Menu Items                             | Carb | Cal | Pro | Fat | Fib | Sod | Item#                            | Menu Items                     | Carb | Cal | Pro | Fat | Fib | Sod |  |
| <b>Breakfast</b>                  |  |      |     |     |     |     |     | <b>Breakfast</b>                 |                                |      |     |     |     |     |     |  |
| 80                                | Milk                                   | 12   | 100 | 0   | 0   | 0   | 0   | 80                               | Milk                           | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 10                                | Banana                                 | 15   | 40  | 0   | 0   | 0   | 0   | 145                              | Juice                          | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 146                               | Waffles WG                             | 0    | 0   | 0   | 0   | 0   | 0   | 21                               | Cereal WG                      | 15   | 100 | 0   | 0   | 0   | 0   |  |
| <b>Lunch</b>                      |  |      |     |     |     |     |     | <b>Lunch</b>                     |                                |      |     |     |     |     |     |  |
| 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   | 132                              | Spaghetti/Meatsauce/Cheese     | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 20                                | Broccoli Casserole                     | 40   | 150 | 0   | 0   | 0   | 0   | 112                              | Toss Salad (A) Green Beans (c) | 5    | 25  | 0   | 0   | 0   | 0   |  |
| 81                                | Mixed Fruit                            | 15   | 100 | 0   | 0   | 0   | 0   | 93                               | Pineapple                      | 15   | 60  | 0   | 0   | 0   | 0   |  |
| 106                               | Roll                                   | 15   | 100 | 0   | 0   | 0   | 0   | 56                               | Garlic Bread                   | 12   | 100 | 0   | 0   | 0   | 0   |  |
| <b>Snack</b>                      |  |      |     |     |     |     |     | <b>Snack</b>                     |                                |      |     |     |     |     |     |  |
| 59                                | Juice                                  | 16   | 20  | 0   | 0   | 0   | 0   | 80                               | Milk                           | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 130                               | Cheese String                          | 0    | 0   | 0   | 0   | 0   | 0   | 136                              | Graham Crackers WG             | 0    | 0   | 0   | 0   | 0   | 0   |  |
| <b>Wednesday, August 21, 2024</b> |  |      |     |     |     |     |     | <b>Thursday, August 22, 2024</b> |                                |      |     |     |     |     |     |  |
| Item#                             | Menu Items                             | Carb | Cal | Pro | Fat | Fib | Sod | Item#                            | Menu Items                     | Carb | Cal | Pro | Fat | Fib | Sod |  |
| <b>Breakfast</b>                  |  |      |     |     |     |     |     | <b>Breakfast</b>                 |                                |      |     |     |     |     |     |  |
| 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   |  |
| 14                                | Biscuits                               | 12   | 130 | 0   | 0   | 0   | 0   | 83                               | Oatmeal WG                     | 29   | 210 | 0   | 0   | 0   | 0   |  |
| <b>Lunch</b>                      |  |      |     |     |     |     |     | <b>Lunch</b>                     |                                |      |     |     |     |     |     |  |
| 80                                | Milk                                   | 12   | 100 | 0   | 0   | 0   | 0   | 80                               | Milk                           | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 186                               | Open Faced Turkey                      | 0    | 0   | 0   | 0   | 0   | 0   | 11                               | BBQ                            | 0    | 0   | 0   | 0   | 0   | 0   |  |
| 79                                | Mashed Potato                          | 34   | 160 | 0   | 0   | 0   | 0   | 41                               | Cole Slaw (A) Carrots (C)      | 12   | 110 | 0   | 0   | 0   | 0   |  |
| 61                                | Green Beans                            | 10   | 80  | 0   | 0   | 0   | 0   | 77                               | Mandarin Oranges               | 12   | 60  | 0   | 0   | 0   | 0   |  |
| 121                               | Bread WG                               | 12   | 80  | 0   | 0   | 0   | 0   | 121                              | Bread WG                       | 12   | 80  | 0   | 0   | 0   | 0   |  |
| <b>Snack</b>                      |  |      |     |     |     |     |     | <b>Snack</b>                     |                                |      |     |     |     |     |     |  |
| 80                                | Milk                                   | 12   | 100 | 0   | 0   | 0   | 0   | 76                               | Mac & Cheese                   | 17   | 115 | 0   | 0   | 0   | 0   |  |
| 57                                | Goldfish Crackers WG                   | 20   | 100 | 0   | 0   | 0   | 0   | 145                              | Juice                          | 0    | 0   | 0   | 0   | 0   | 0   |  |
| <b>Friday, August 23, 2024</b>    |  |      |     |     |     |     |     | <b>Yogurt</b>                    |                                |      |     |     |     |     |     |  |
| 123                               | Yogurt                                 | 12   | 80  | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| Item#                             | Menu Items                             | Carb | Cal | Pro | Fat | Fib | Sod |                                  |                                |      |     |     |     |     |     |  |
| <b>Breakfast</b>                  |  |      |     |     |     |     |     |                                  |                                |      |     |     |     |     |     |  |
| 80                                | Milk                                   | 12   | 100 | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| 10                                | Banana                                 | 15   | 40  | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| 141                               | Pancakes                               | 35   | 210 | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| <b>Lunch</b>                      |  |      |     |     |     |     |     |                                  |                                |      |     |     |     |     |     |  |
| 80                                | Milk                                   | 12   | 100 | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| 128                               | Chef Salad (A) / Turkey Sandwich (C)   | 0    | 0   | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| 137                               | Salad/Dressing (A) Peas (C)            | 0    | 0   | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| 89                                | Pears                                  | 12   | 80  | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| 45                                | Crackers                               | 20   | 100 | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| <b>Snack</b>                      |  |      |     |     |     |     |     |                                  |                                |      |     |     |     |     |     |  |
| 80                                | Milk                                   | 12   | 100 | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |
| 192                               | Sherbert                               | 26   | 120 | 0   | 0   | 0   | 0   |                                  |                                |      |     |     |     |     |     |  |

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# REDWOOD

## August 2024 Menu

| WEEK 5                            |   |      |     |     |     |     |     |                                  |                                  |      |     |     |     |     |     |  |
|-----------------------------------|---|------|-----|-----|-----|-----|-----|----------------------------------|----------------------------------|------|-----|-----|-----|-----|-----|--|
| Monday, August 26, 2024           |   |      |     |     |     |     |     | Tuesday, August 27, 2024         |                                  |      |     |     |     |     |     |  |
| Item#                             | Menu Items                              | Carb | Cal | Pro | Fat | Fib | Sod | Item#                            | Menu Items                       | Carb | Cal | Pro | Fat | Fib | Sod |  |
| <b>Breakfast</b>                  |   |      |     |     |     |     |     | <b>Breakfast</b>                 |                                  |      |     |     |     |     |     |  |
| 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   |  |
| <b>Lunch</b>                      |   |      |     |     |     |     |     | <b>Lunch</b>                     |                                  |      |     |     |     |     |     |  |
| 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   | 33                               | Chicken Patty                    | 25   | 240 | 0   | 0   | 0   | 0   |  |
| 77                                | Mandarin Oranges                        | 12   | 60  | 0   | 0   | 0   | 0   | 61                               | Green Beans                      | 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                               | 0    | 0   | 0   | 0   | 0   | 0   | 12                               | Wheat Bun                        | 0    | 0   | 0   | 0   | 0   | 0   |  |
| <b>Snack</b>                      |   |      |     |     |     |     |     | <b>Snack</b>                     |                                  |      |     |     |     |     |     |  |
| 4                                 | Juice                                   | 12   | 60  | 0   | 0   | 0   | 0   | 80                               | Milk                             | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 123                               | Yogurt                                  | 12   | 80  | 0   | 0   | 0   | 0   | 57                               | Goldfish Crackers WG             | 20   | 100 | 0   | 0   | 0   | 0   |  |
| <b>Wednesday, August 28, 2024</b> |   |      |     |     |     |     |     | <b>Thursday, August 29, 2024</b> |                                  |      |     |     |     |     |     |  |
| Item#                             | Menu Items                              | Carb | Cal | Pro | Fat | Fib | Sod | Item#                            | Menu Items                       | Carb | Cal | Pro | Fat | Fib | Sod |  |
| <b>Breakfast</b>                  |   |      |     |     |     |     |     | <b>Breakfast</b>                 |                                  |      |     |     |     |     |     |  |
| 80                                | Milk                                    | 12   | 100 | 0   | 0   | 0   | 0   | 80                               | Milk                             | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 88                                | Peaches                                 | 12   | 60  | 0   | 0   | 0   | 0   | 93                               | Pineapple                        | 15   | 60  | 0   | 0   | 0   | 0   |  |
| 14                                | Biscuits                                | 12   | 130 | 0   | 0   | 0   | 0   | 52                               | English Muffin Marg/Butter/Jelly | 12   | 100 | 0   | 0   | 0   | 0   |  |
| <b>Lunch</b>                      |   |      |     |     |     |     |     | <b>Lunch</b>                     |                                  |      |     |     |     |     |     |  |
| 80                                | Milk                                    | 12   | 100 | 0   | 0   | 0   | 0   | 80                               | Milk                             | 12   | 100 | 0   | 0   | 0   | 0   |  |
| 161                               | Cheese Coney (A) Hamburger (C)          | 0    | 0   | 0   | 0   | 0   | 0   | 115                              | Turkey Cheese/Wheat              | 12   | 230 | 0   | 0   | 0   | 0   |  |
| 55                                | French Fries/Catsup                     | 22   | 110 | 0   | 0   | 0   | 0   | 100                              | Potato Salad (A) Smiley faces ©  | 25   | 150 | 0   | 0   | 0   | 0   |  |
| 89                                | Pears                                   | 12   | 80  | 0   | 0   | 0   | 0   | 5                                | Apple Slices                     | 8    | 30  | 0   | 0   | 0   | 0   |  |
| 122                               | WG Bun                                  | 12   | 100 | 0   | 0   | 0   | 0   | 121                              | Bread WG                         | 12   | 80  | 0   | 0   | 0   | 0   |  |
| <b>Snack</b>                      |   |      |     |     |     |     |     | <b>Snack</b>                     |                                  |      |     |     |     |     |     |  |
| 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   | 102                              | Pretzels WG                      | 30   | 100 | 0   | 0   | 0   | 0   |  |
| <b>Friday, August 30, 2024</b>    |   |      |     |     |     |     |     |                                  |                                  |      |     |     |     |     |     |  |
| Item#                             | Menu Items                              | Carb | Cal | Pro | Fat | Fib | Sod |                                  |                                  |      |     |     |     |     |     |  |
| <b>Breakfast</b>                  |   |      |     |     |     |     |     |                                  |                                  |      |     |     |     |     |     |  |
| 80                                | Milk                                    | 12   | 100 | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |
| 4                                 | Juice                                   | 12   | 60  | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |
| 21                                | Cereal WG                               | 15   | 100 | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |
| <b>Lunch</b>                      |   |      |     |     |     |     |     |                                  |                                  |      |     |     |     |     |     |  |
| 80                                | Milk                                    | 12   | 100 | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |
| 162                               | Grilled Chicken Salad (A) Grilled Nugge | 0    | 0   | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |
| 137                               | Salad/Dressing (A) Peas (C)             | 0    | 0   | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |
| 10                                | Banana                                  | 15   | 40  | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |
| 106                               | Roll                                    | 15   | 100 | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |
| <b>Snack</b>                      |   |      |     |     |     |     |     |                                  |                                  |      |     |     |     |     |     |  |
| 80                                | Milk                                    | 12   | 100 | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |
| 77                                | Mandarin Oranges                        | 12   | 60  | 0   | 0   | 0   | 0   |                                  |                                  |      |     |     |     |     |     |  |

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