REDWOOD

October Menu 2024

NLL		October Menu 2024														
WEE									K 1							
	Monday, Septembe		Tuesday, Octob	er 1. 20	024											
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast								Breakfast							
								80	Milk	12	100	0	0	0	0	
Α	See Last Month's Menu	0	0	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	
								17	Muffin WG	15	100	0	0	0	0	
	Lunch								Lunch			_	_	_		
								80	Milk	12	100	0	0	0	0	
Α	See Last Month's Menu	0	0	0	0	0	0	64	Ham & Bean Soup	18	230	0	0	0	0	
								70 81	Home Fries Mixed Fruit	25 15	150 100	0	0	0	0	
								43	Corn Bread	12	120	0	0	0	0	
								43	Com Bread	12	120	U	U	U	U	
	Snack								Snack							
	Silack							80	Milk	12	100	0	0	0	0	
A	See Last Month's Menu	0	0	0	0	0	0	- 00	IVIIIX	12	100		0	-	U	
	Gee Last Month's Mena	0	0	0	0	U	U	57	Goldfish Crackers WG	20	100	0	0	0	0	
								- 57	Coldisir Graciers WG	20	100		0	0		
	Wednesday, Octob		Thursday, Octo	ber 3. 2	024											
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	1		I				
	Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
88	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	
21	Cereal WG	15	100	0	0	0	0	146	Waffles WG	0	0	0	0	0	0	
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
13	Big Boy Casserole	40	250	0	0	0	0	184	Chicken Patty	0	0	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	61	Green Beans	10	80	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	122	WG Bun	12	100	0	0	0	0	
	Snack								Snack							
80	Milk	12	100	0	0	0	0	59	luice	16	20	0	0	0	0	
136	Cychem Cycellage M/C	0	0	0	0	0	0	59	Juice	16	20	U	U	U	U	
130	Graham Crackers WG	U	U	U	U	U	U	130	Cheese String	0	0	0	0	0	0	
	Friday, October	4 202/	1					100	Officese String	U	U	U	U	U	U	
Item#	Menu Items	-t, 202 ²	· 		1											
ICHI#	Breakfast															
80	Milk	12	100	0	0	0	0									
81	Mixed Fruit	15	100	0	0	0	0									
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0									
Ŭ.	· · · · · · · · · · · · · · · · · · ·			Ů	Ť											
	Lunch															
80	Milk	12	100	0	0	0	0									
115	Turkey Cheese/Wheat	12	230	0	0	0	0									
170	Corn Salad (A) Broccoli (C)	0	0	0	0	0	0									
10	Banana	15	40	0	0	0	0									
121	Bread	12	80	0	0	0	0									

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0

0

0

0

0

0

0

0

12 100

100

30

Snack

80

102

Milk

Pretzels WG

REDWOOD

Crackers

Milk

Banana

Snack

October Menu 2024

nel	JWOOD									UCI	ope	rivi	enu	202	<u>′</u> 4
							WEE	K 2							
	Monday, October	r 7. 202	24				Tuesday, Octob	er 8. 20	024						
Item#	Menu Items	Carb		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
89	Pears	12	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
120	Bagel	0	0	0	0	0	0	17	Muffin 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
63	Grilled Chicken	17	60	0	0	0	0	171	Sausage, Egg & CH Biscuit	0	0	0	0	0	0
48	Cream of Potato Soup	30	150	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
88	Peaches	12	60	0	0	0	0	66	Hashbrown	22	150	0	0	0	0
								14	Biscuits	12	130	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
				_	_	_	_	_				_	_	_	_
21	Cereal WG	15	100	0	0	0	0	6	Applesauce	15	60	0	0	0	0
	W. I		204							10.6	2004				
14 4	Wednesday, Octob	14 #	Thursday, Octob	per 10, 2	2024										
Item#	Menu Items	Carb	Cal	Pro	Fat	<u>Fib</u>	Sod	Item#	Menu Items						
00	Breakfast	10	100		0			00	Breakfast	10	100				
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
59 52	Juice English Muffin Marg/Butter/Jelly	16 12	20 100	0	0	0	0	10 21	Banana Cereal WG	15 15	40 100	0	0	0	0
52	English Mullin Marg/Butter/Jelly	12	100	U	U	U	U	21	Cereal WG	15	100	U	U	U	U
	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	161	Cheese Coney (A) Hamburger (C)	0	0	0	0	0	0
176	Mixed Vegetable	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
93	Pineapple Pineapple	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
164	Rice	0	0	0	0	0	0	122	WG Bun	12	100	0	0	0	0
	100			Ů											
	Snack								Snack						
80	Milk	12	100	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0	59	Juice	16	20	0	0	0	0
								130	Cheese String	0	0	0	0	0	0
	Friday, October	11, 202	4												
Item#	Menu Items							1							
	Breakfast														
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
123	Yogurt	12	80	0	0	0	0								
]							
	Lunch							l							
80	Milk	12	100	0	0	0	0								
158	Chicken Tender Salad (A) Chicken Nug	0	0	0	0	0	0								
113	Toss Salad (A) Green Beans (C)	5	25	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
47	Cream of Chicken & Wild Rice Soup (A	30	150	0	0	0	0	l							
45	Crackers	20	100	Λ	Λ	Λ .	Λ								

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REDWOOD

October Menu 2024

							WEE	KЗ							
	Monday, October	Tuesday, October 15, 2024													
Item#	Menu Items	Carb		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
10	Banana	15	40	0	0	0	0	88	Peaches	12	60	0	0	0	0
17	Muffin WG	15	100	0	0	0	0	96	Pancakes WG	35	225	0	0	0	0
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
185	Corn Dog (A) Hamburger (C)	0	0	0	0	0	0	34	Chicken Pot Pie	30	250	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	108	Spinach Salad	25	125	0	0	0	0
89	Pears	12	80	0	0	0	0	88	Peaches	12	60	0	0	0	0
122	WG Bun	12	100	0	0	0	0	180	Crust	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	IVIIIX	12	100	U	J	0	J	00	IMITE	14	100	J	U	J	\vdash
30	Chex Mix	12	80	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
30	OTION WITH	16	30	0	,		J	100	Grandin Gradicis WG		0	,	,	,	-
	Wednesday, Octob	er 16. 2	2024						Thursday, Octob	er 17. 2	2024			<u> </u>	
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	1				I	
1011111	Breakfast	Julia	<u> </u>				000	1011111	Breakfast						
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	6	Applesauce	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
									,						
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
76	Mac & Cheese	17	115	0	0	0	0	36	Chicken Salad	25	100	0	0	0	0
61	Green Beans	10	80	0	0	0	0	101	Potato Wedges	25	100	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	157	Crossiant	0	0	0	0	0	0
	Snack	40	100		_				Snack						
80	Milk	12	100	0	0	0	0		h.da.a	10	00		_		
100	Duatrala MC	30	100	0	0	0	0	59	Juice	16	20	0	0	0	0
102	Pretzels WG	30	100	U	U	U	U	123	Yogurt	12	80	0	0	0	0
	Friday, October	19 202	1					123	roguit	12	80	U	U	U	U
Item#	Menu Items	10, 202		1			1								
ICHI#	Breakfast														
80	Milk	12	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
17	Muffin WG	15	100	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
27	Cheese Pizza	17	230	0	0	0	0								
55	French Fries/Catsup	22	110	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
50	Crust WG	45	200	0	0	0	0								
	Snack														
80	Milk	12	100	0	0	0	0								
	0 100		400												
21	Cereal WG	15	100	0	0	0	0								

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REDWOOD

160

80

77

Milk

Garlic Bread stick

Mandarin Oranges

Snack

0

12 100

12 60

0

0

0

0

0

0

October Menu 2024

	31100D									UC	lobe	i IVI	ullu	202	-4
							WEE	K 4							
	Monday, October	21, 20	24						Tuesday, Octobe	er 22. 2	024				
Item#	Menu Items	Carb		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
88	Peaches	12	60	0	0	0	0	145	Juice	0	0	0	0	0	0
141	Pancakes	35	210	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
175	Nachos (A) Tacos (C)	0	0	0	0	0	0	178	Beef Stew	0	0	0	0	0	0
39	Cinnamon Apples	17	120	0	0	0	0	183	Peas	0	0	0	0	0	0
74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
166	Refried Beans (A) Peas & Carrot (C)	0	0	0	0	0	0	14	Biscuits	12	130	0	0	0	0
143	Flour Tortilla (C) Tortilla 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			_	_	_	_	_	_
100								136	Graham Crackers WG	0	0	0	0	0	0
130	Cheese String	0	0	0	0	0	0			L					
	Wednesday, October 23, 2024								Thursday, Octob	er 24, 2	2024			1	
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod	Item#	Menu Items						
00	Breakfast	40	100		_				Breakfast	40	100			_	
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
81 14	Mixed Fruit	15 12	100	0	0	0	0	10 146	Banana Waffles WG	15 0	40 0	0	0	0	0
14	Biscuits	12	130	U	U	0	0	146	warries wG	U	0	U	0	U	U
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
126	Grilled Cheese	0	0	0	0	0	0	98	Pork Tenderloin (A) Chicken Patty (C)	15	100	0	0	0	0
125	Tomato Soup	0	0	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0
6	Applesauce	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
·								122	WG Bun	12	100	0	0	0	0
121	Bread	12	80	0	0	0	0								
	Snack								Snack						
								80	Milk	12	100	0	0	0	0
145	Juice	0	0	0	0	0	0								
123	Yogurt	12	80	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0
	Friday, October 2	25, 202	4												
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
145	Juice	0	0	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
162	Grilled Chicken Salad (A) Grilled Nugge		0	0	0	0	0								
112	Toss Salad (A)) Broccoli(C)	5	25	0	0	0	0								
89	Pears	12	80	0	0	0	0								

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REDWOOD

See Next Month's Menu

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October Menu 2024

											.000	, 1 1 1 1	0110		
						EK 5									
	Monday, Octobe	r 28, 20	24		Tuesday, October 29, 2024										
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod
	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	88	Peaches	12	60	0	0	0	0
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	17	Muffin 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
140	Cheeseburger	0	0	0	0	0	0	53	Fish	17	150	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	75	Lima Beans	15	100	0	0	0	0
182	Baked Beans	0	0	0	0	0	0	93	Pineapple	15	60	0	0	0	0
122	WG Bun	12	100	0	0	0	0	164	Rice	0	0	0	0	0	0
	Snack								Snack						
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								
								57	Goldfish Crackers WG	20	100	0	0	0	0
	W. I. I. G. I.		2004							04.6					
	Wednesday, Octob								Thursday, Octob	er 31, 2	2024				
Item#	Menu Items	Carb	Cal	Pro	Fat	<u>Fib</u>	Sod	Item#	Menu Items						
80	Breakfast Milk	12	100	0	0	0	0	80	Breakfast Milk	12	100	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0
1-7	Discuits	12	100		0			37	11. Todatoyrup Wilcat(N)	12	100		0	0	U
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
33	Chicken Fritter	25	240	0	0	0	0	38	Chili w/Beans	32	210	0	0	0	0
79	Mashed Potato	34	160	0	0	0	0	88	Peaches	12	60	0	0	0	0
61	Green Beans	10	80	0	0	0	0	113	Toss Salad (A) Green Beans (C)	5	25	0	0	0	0
								45	Crackers	20	100	0	0	0	0
14	Biscuits	12	130	0	0	0	0		_						
00	Snack	10	100		_		_	4.45	Snack				0	_	_
80	Milk	12	100	0	0	0	0	145	Juice	0	0	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
	Gereal WG	13	100	U	0	U	0	130	Granam Grackers WG				U	0	-
	Friday, Novembe	er 1, 202	24												
Item#	Menu Items	1					1								
	Breakfast														
В	See Next Month's Menu	0	0	0	0	0	0								
	Lunch														
В	Can Novt Month's Manu	0	0		0	0	0								
В	See Next Month's Menu	U	U	0	0	0	U								
	Snack														

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