

REDWOOD

October Menu 2024

WEEK 1															
Monday, September 30, 2024								Tuesday, October 1, 2024							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
A	See Last Month's Menu	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								4	Apple Juice	12	60	0	0	0	0
								17	Muffin WG	15	100	0	0	0	0
Lunch								Lunch							
A	See Last Month's Menu	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								64	Ham & Bean Soup	18	230	0	0	0	0
								70	Home Fries	25	150	0	0	0	0
								81	Mixed Fruit	15	100	0	0	0	0
								43	Corn Bread	12	120	0	0	0	0
Snack								Snack							
A	See Last Month's Menu	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								57	Goldfish Crackers WG	20	100	0	0	0	0
Wednesday, October 2, 2024								Thursday, October 3, 2024							
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
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	Juice	16	20	0	0	0	0
136	Graham Crackers WG	0	0	0	0	0	0	130	Cheese String	0	0	0	0	0	0
Friday, October 4, 2024															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
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								
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								
Snack															
80	Milk	12	100	0	0	0	0								
102	Pretzels WG	30	100	0	0	0	0								

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WEEK 2																
Monday, October 7, 2024								Tuesday, October 8, 2024								
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	
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	
122	WG Bun	12	100	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	
21	Cereal WG	15	100	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
Wednesday, October 9, 2024								Thursday, October 10, 2024								
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	
59	Juice	16	20	0	0	0	0	10	Banana	15	40	0	0	0	0	
52	English Muffin Marg/Butter/Jelly	12	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	
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	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	
Snack								Snack								
80	Milk	12	100	0	0	0	0	59	Juice	16	20	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	130	Cheese String	0	0	0	0	0	0	
Friday, October 11, 2024																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
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																
80	Milk	12	100	0	0	0	0									
158	Chicken Tender Salad (A) Chicken Nugg	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									
45	Crackers	20	100	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
10	Banana	15	40	0	0	0	0									

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WEEK 3																
Monday, October 14, 2024								Tuesday, October 15, 2024								
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	
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	Chex Mix	12	80	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0	
Wednesday, October 16, 2024								Thursday, October 17, 2024								
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	
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								Snack								
80	Milk	12	100	0	0	0	0									
102	Pretzels WG	30	100	0	0	0	0	59	Juice	16	20	0	0	0	0	
								123	Yogurt	12	80	0	0	0	0	
Friday, October 18, 2024																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
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									
21	Cereal WG	15	100	0	0	0	0									

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WEEK 4																
Monday, October 21, 2024								Tuesday, October 22, 2024								
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	
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								Snack								
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	
Wednesday, October 23, 2024								Thursday, October 24, 2024								
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	
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	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	
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	
121	Bread	12	80	0	0	0	0	122	WG Bun	12	100	0	0	0	0	
Snack								Snack								
145	Juice	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
123	Yogurt	12	80	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0	
Friday, October 25, 2024																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
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	0									
112	Toss Salad (A) Broccoli(C)	5	25	0	0	0	0									
89	Pears	12	80	0	0	0	0									
160	Garlic Bread stick	0	0	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
77	Mandarin Oranges	12	60	0	0	0	0									

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WEEK 5																
Monday, October 28, 2024								Tuesday, October 29, 2024								
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	
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	
Wednesday, October 30, 2024								Thursday, October 31, 2024								
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	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	
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	
14	Biscuits	12	130	0	0	0	0	45	Crackers	20	100	0	0	0	0	
Snack								Snack								
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	
Friday, November 1, 2024																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
B	See Next Month's Menu	0	0	0	0	0	0									
Lunch																
B	See Next Month's Menu	0	0	0	0	0	0									
Snack																
B	See Next Month's Menu	0	0	0	0	0	0									

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