REDWOOD

December Menu 2024

							WEE	K 1								
	Monday, December	er 2, 20	24					Tuesday, December 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	Milk
46	Cranraisins	15	50	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg./Juid
83	Oatmeal	29	210	0	0	0	0	123	Yogurt	12	80	0	0	0	0	Grains
									3							Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
103	Shredded Beef Sandwich	30	100	0	0	0	0	63	Grilled Chicken	17	60	0	0	0	0	Meat/Meat Alte
79	Mashed Potato	34	160	0	0	0	0	18	Broccoli	10	80	0	0	0	0	Fruit/Veg.
88	Peaches	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
																Grains
12	Bun wg	0	0	0	0	0	0	12	Bun wg	0	0	0	0	0	0	Grains
	Snack			_	_	Ů	Ů		Snack	Ů	Ů	Ů	_	Ů	Ů	Granio
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
- 00	Milit		100		_	Ů	Ů	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice
29	Cheese-Its WG	17	100	0	0	0	0	-	Арріезайсе	10	00		U		-	Grains
23	Cheese-its WG	- ' '	100	0	-		-									Meat/Meat Alte
	Wednesday, Decem	bor 4	2024				l		Thursday, Dece	mbor E	2024					IVICAL/IVICAL AILC
liane#			Cal	Des	F-4	Fib	C-4	lia mali	Menu Items	iliber 5,	2024					
Item#	Menu Items	Carb	Cai	Pro	Fat	FID	Sod	Item#								
	Breakfast	40	100		_				Breakfast	- 10	100	_	_	_	_	
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
4	Apple Juice	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0	14	Biscuits	12	130	0	0	0	0	Grains
																Grains
	Lunch								Lunch					_		
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
182	Cheese Coney (A) Hamburger w/Chees	0	0	0	0	0	0	53	Fish (A) P (A)	17	150	0	0	0	0	Meat/Meat Alter
55	French Fries/Catsup	22	110	0	0	0	0	41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	Fruit/Veg.
88	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg.
	_					_	_	183	Potato chips (A)	0	0	0	0	0	0	Grains
12	Bun wg	0	0	0	0	0	0	12	Bun wg	0	0	0	0	0	0	Grains
	Snack								Snack					_		
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Veg./Juice
136	Graham Crackers WG	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Grains
																Meat/Meat Alter
	Friday, December	r 6, 202	24													
Item#	Menu Items															
	Breakfast															
80	Milk	12	100	0	0	0	0									Milk
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg./Juice
146	Waffles WG	0	0	0	0	0	0									Grains
																Grains
	Lunch															
80	Milk	12	100	0	0	0	0									Milk
201	Grilled Chicken Salad (a) grilled nugget	0	0	0	0	0	0									Meat/Meat Alte
172	Salad /Dressing (A) Green beans(C)	0	0	0	0	0	0									Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0									Fruit/Veg.
																Grains
106	Roll	15	100	0	0	0	0									Grains
	Snack															
80	Milk	12	100	0	0	0	0									Milk
10	Banana	15	40	0	0	0	0									Fruit/Veg./Juice
					,											
10																Grains

REDWOOD

December Menu 2024

							WEE	K 2								
	Monday, Decemb	er 9, 20	24					Tuesday, December 10, 2024								
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb	<u>Cal</u>	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	
	Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
10	Banana	15	40	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	Fruit/Veg./J
21	Cereal WG	15	100	0	0	0	0	16	Muffin WG	30	130	0	0	0	0	Grains
		1														Grains
	Lunch	10	100						Lunch	- 10	100					
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
140	Cheeseburger	0	0	0	0	0	0	158	Chicken Tender Wrap (A) Chicken nugg	0	0	0	0	0	0	Meat/Meat A
55 89	French Fries/Catsup	22 12	110 80	0	0	0	0	74 93	Lettuce/Tomato/(A) Broccoli (C)	22	65	0	0	0	0	Fruit/Veg.
89	Pears	12	80	U	U	0	U		Pineapple	15	60	0	0			Fruit/Veg.
400	D	40	100		_	_	_	188	Potato Chips (A)	0	0	0	0	0	0	Grains
122	Bun Snack	12	100	0	0	0	0	143	Flour Tortilla (A) Roll(C) Snack	0	U	0	0	0	0	Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Marile
6			60	0	0	0	0	80	IVIIK	12	100	0	U	U	U	Milk
О	Applesauce	15	60	U	U	U	U	117	Vanilla Wafers	17	120	0	0	0	0	Fruit/Veg./Ju
								117	variila walers	17	120	U	U	U	U	Grains Meat/Meat A
	Wednesday, Decem	hau 11	2024	<u> </u>					Thursday, Decemb	10	2024	<u> </u>				ivieat/ivieat F
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	JEI 12,	2024					
item#	Breakfast	Carb	Cai	Pro	rat	FID	500	item#	Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
46	Cranraisins	15	50	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg./Ju
49	Cream of Wheat	24	110	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0	Grains
49	Cream or Wheat	24	110	U	U	U	U	165	Cillianon Roii	U	U	0	U	U	U	Grains
	Lunch	1							Lunch							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
126	Grilled Cheese	0	0	0	0	0	0	207	Cream Chicken	0	0	0	0	0	0	Meat/Meat A
125	Tomato Soup	0	0	0	0	0	0	90	Peas	15	80	0	0	0	0	Fruit/Veg.
5	Apple Slices	8	30	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
	Apple Gilees	T -	- 00	Ľ	Ŭ			- ''	Mandaini Granges		- 00	Ŭ	_		Ů	Grains
121	Bread WG	12	80	0	0	0	0	208	Noodles	0	0	0	0	0	0	Grains
	Snack								Snack		-	-				
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
												-				Fruit/Veg./Ju
								57	Goldfish Crackers WG	20	100	0	0	0	0	Grains
123	Yogurt	12	80	0	0	0	0									Meat/Meat A
	Friday, Decembe	r 13, 20	24													
Item#	Menu Items															
	Breakfast															
80	Milk	12	100	0	0	0	0									Milk
89	Pears	12	80	0	0	0	0									Fruit/Veg./Ju
120	Bagel	0	0	0	0	0	0									Grains
																Grains
	Lunch															
80	Milk	12	100	0	0	0	0									Milk
204	Corn Dog (A) Chicken Nuggets (c)	0	0	0	0	0	0									Meat/Meat A
55	French Fries/Catsup	22	110	0	0	0	0									Fruit/Veg.
10	Banana	15	40	0	0	0	0									Fruit/Veg.
146	Waffles WG	0	0	0	0	0	0									Grains
																Grains
	Snack															
	Milk	12	100	0	0	0	0									Milk
80	M 1 : 0		60	0	0	0	0									Fruit/Veg./Ju
77	Mandarin Oranges	12	60													
	Mandarin Oranges	12	60													Grains

REDWOOD

December Menu 2024

							WEE	K 3								
	Monday, December	er 16, 20	024						Tuesday, Decem	ber 17,	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	Milk
88	Peaches	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juio
16	Muffin WG	30	130	0	0	0	0	107	Sausage Biscuit	20	210	0	0	0	0	Grains
																Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
36	Chicken Salad	25	100	0	0	0	0	190	Baked Potato w/cheese	0	0	0	0	0	0	Meat/Meat Alte
101	Potato Wedges	25	100	0	0	0	0	18	Broccoli	10	80	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
206	Pretzel Bun	0	0	0	0	0	0	106	Roll	15	100	0	0	0	0	Grains
	Snack								Snack					1		Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
80	IVIIK	12	100	U	U	U	U	80	IVIIK	12	100	U	U	U	U	
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Fruit/Veg./Juic Grains
31	GOIGII OI ACREIS WG	20	100	U	U	U	U	102	TI TELEGIS (GOIL) WG	30	100	U	U	U	U	Meat/Meat Alte
	Wednesday, Decem	her 18	2024				1		Thursday, Decem	her 19	2024					Wicar Wicat 7 tt
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	1						
	Breakfast	Caib	- Qui	<u></u>	1.41	<u> </u>	555	itom/	Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
81	Mixed Fruit	15	100	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juio
14	Biscuits	12	130	0	0	0	0	146	Waffles WG	0	0	0	0	0	0	Grains
																Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
129	Open-faced Roast Beef	0	0	0	0	0	0	51	Eggs Scrambled w/Cheese	25	100	0	0	0	0	Meat/Meat Alte
79	Mashed Potato	34	160	0	0	0	0	66	Hashbrown	22	150	0	0	0	0	Fruit/Veg.
23	Carrots	10	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
121	Bread WG	12	80	0	0	0	0	15	Gravy for Biscuits	19	210	0	0	0	0	Grains
								14	Biscuits	12	130	0	0	0	0	Grains
	Snack								Snack					ļ		
80	Milk	12	100	0	0	0	0									Milk
								59	Grape Juice	16	20	0	0	0	0	Fruit/Veg./Juic
136	Graham Crackers WG	0	0	0	0	0	0	400	V	10	00	_	_		0	Grains
	Friday Dansaha		0.4					123	Yogurt	12	80	0	0	0	0	Meat/Meat Alte
lane#	Friday, December	20, 20	4		T	T	1	ł								
Item#	Menu Items Breakfast															
80	Milk	12	100	0	0	0	0									Milk
10	Banana	15	40	0	0	0	0									Fruit/Veg./Juic
165	Cinnamon Roll	0	0	0	0	0	0									Grains
100	5anon non		U	U												Grains
	Lunch															G. amo
80	Milk	12	100	0	0	0	0									Milk
11	BBQ	0	0	0	0	0	0									Meat/Meat Alte
186	Tater tots	0	0	0	0	0	0									Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg.
12	Bun wg	0	0	0	0	0	0									Grains
																Grains
	Snack															
80	Milk	12	100	0	0	0	0									Milk
																Fruit/Veg./Juic
21	Cereal WG	15	100	0	0	0	0									Grains
																Meat/Meat Alte

REDWOOD

December Menu 2024

Grains Meat/Meat Alternate

							WEE	K 4								
	Monday, December	r 23. 20	024						Tuesday, Dece	mber 24.	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	187	Holiday No School	0	0	0	0	0	0	Milk
89	Pears	12	80	0	0	0	0									Fruit/Veg./Juice
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0									Grains
																Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0									Milk
181 172	Chicken Caesar Salad(A) chiken sandw	0	0	0	0	0	0	187	Holiday No School	0	0	0	0	0	0	Meat/Meat Alter
1/2	Salad /Dressing (A) Green beans(C) Banana	0 15	0 40	0	0	0	0									Fruit/Veg. Fruit/Veg.
56	Garlic Bread	12	100	0	0	0	0									Grains
36	Gariic Bread	12	100	U	0	U	U									Grains
	Snack								Snack							Granis
80	Milk	12	100	0	0	0	0		- Cinada							Milk
				_				187	Holiday No School	0	0	0	0	0	0	Fruit/Veg./Juice
45	Crackers	20	100	0	0	0	0									Grains
28	Cheese	4	180	0	0	0	0									Meat/Meat Alter
	Wednesday, Decemb	er 25,	2024						Thursday, Dece	mber 26,	2024					
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items							
	Breakfast								Breakfast							
								80	Milk	12	100	0	0	0	0	Milk
187	Holiday No School	0	0	0	0	0	0	84	Juice	15	60	0	0	0	0	Fruit/Veg./Juice
								16	Muffin WG	30	130	0	0	0	0	Grains
																Grains
	Lunch								Lunch							
								80	Milk	12	100	0	0	0	0	Milk
187	Haliday Na Cabaal	0	0	0	0	0	0	96 112	Pizza Toss Salad (A) Peas (C)	35 5	225 25	0	0	0	0	Meat/Meat Altern Fruit/Veg.
107	Holiday No School	U	U	U	U	U	U	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
								90	Пеарріе	13	00	0	U	-	U	Grains
																Grains
	Snack								Snack							G. G. I.
								80	Milk	12	100	0	0	0	0	Milk
187	Holiday No School	0	0	0	0	0	0									Fruit/Veg./Juice
																Grains
								105	Cereal	0	0	0	0	0	0	Meat/Meat Alterr
	Friday, December	27, 20	24													
Item#	Menu Items															
	Breakfast															
80	Milk	12	100	0	0	0	0									Milk
88	Peaches	12	60	0	0	0	0									Fruit/Veg./Juice
16	Muffin WG	30	130	0	0	0	0									Grains
	Lunch															Grains
80	Milk	12	100	0	0	0	0									Milk
138	Chicken Patty	0	0	0	0	0	0									Meat/Meat Alter
186	Tater tots	0	0	0	0	0	0									Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0									Fruit/Veg.
122	Bun	12	100	0	0	0	0									Grains
						_	_									Grains
	Snack															
80	Milk	12	100	0	0	0	0									Milk
10	Banana	15	40	0	0	0	0									Fruit/Veg./Juice
																Grains

REDWOOD

December Menu 2024

	WEEK 5															
	Monday, December								Tuesday, Decen							
Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb	<u>Cal</u>	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	
	Breakfast	40	100						Breakfast	- 10	100		_			
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
10 166	Banana BagelWG	15 0	40 0	0	0	0	0	4 21	Apple Juice Cereal WG	12 15	60 100	0	0	0	0	Fruit/Veg./Juice Grains
100	Bageiwa	-	U	U	U	U	0	- 21	Celeal WG	15	100	U	U	0	U	Grains
	Lunch								Lunch							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
140	Cheeseburger	0	0	0	0	0	0	37	Chicken Tenders	25	240	0	0	0	0	Meat/Meat Alte
168	Baked Beans (A) Grenn Beans ©	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.
40	Cole Slaw (A) Peaches (C)	12	110	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
122	Bun	12	100	0	0	0	0	106	Roll	15	100	0	0	0	0	Grains
																Grains
	Snack								Snack							
								80	Milk	12	100	0	0	0	0	Milk
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg./Juice
								57	Goldfish Crackers WG	20	100	0	0	0	0	Grains
130	Cheese String	0	0	0	0	0	0									Meat/Meat Alter
	Wednesday, Janua			_					Thursday, Jan	uary 2, 2	U25					
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<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	Milk
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg./Juice
16	Muffin WG	30	130	0	0	0	0	169	Cinnamon Roll	0	0	0	0	0	0	Grains
10	Mailin WG	30	130	0	0	0	0	103	Cilitation Noil	- 0	U	- 0	U	0	U	Grains
	Lunch								Lunch							Grains
								80	Milk	12	100	0	0	0	0	Milk
								115	Turkey Cheese Sandwiches	12	230	0	0	0	0	Meat/Meat Alter
187	Holiday No School	0	0	0	0	0	0	118	Vegetable Soup	22	180	0	0	0	0	Fruit/Veg.
								89	Pears	12	80	0	0	0	0	Fruit/Veg.
								121	Bread WG	12	80	0	0	0	0	Grains
																Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0									Milk
100	D + 1 (0 (1) WO		100					84	Juice	15	60	0	0	0	0	Fruit/Veg./Juice
102	Pretzels (Soft) WG	30	100	0	0	0	0	100	Vacuut	10	90	0	0	0	0	Grains
	Friday January	2 200						123	Yogurt	12	80	U	U	U	U	Meat/Meat Alter
lane#	Friday, January	3, 202		ı	ı	ı	1									
Item#	Menu Items Breakfast															
80	Milk	12	100	0	0	0	0									Milk
46	Cranraisins	15	50	0	0	0	0									Fruit/Veg./Juice
49	Cream of Wheat	24	110	0	0	0	0									Grains
																Grains
	Lunch															
80	Milk	12	100	0	0	0	0									Milk
191	Chef Salad (A) Turkey Sandwich(C)	0	0	0	0	0	0									Meat/Meat Alter
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0									Fruit/Veg.
10	Banana	15	40	0	0	0	0									Fruit/Veg.
106	Roll	15	100	0	0	0	0									Grains
																Grains
	Snack															
80	Milk	12	100	0	0	0	0									Milk
																Fruit/Veg./Juice
136	Graham Crackers WG	0	0	0	0	0	0									Grains