

REDWOOD

December Menu 2024

WEEK 1																
Monday, December 2, 2024								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	
46	Cranraisins	15	50	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
83	Oatmeal	29	210	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
103	Shredded Beef Sandwich	30	100	0	0	0	0	63	Grilled Chicken	17	60	0	0	0	0	
79	Mashed Potato	34	160	0	0	0	0	18	Broccoli	10	80	0	0	0	0	
88	Peaches	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	
Snack								Snack								
12	Bun wg	0	0	0	0	0	0	12	Bun wg	0	0	0	0	0	0	
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
29	Cheese-Its WG	17	100	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
Wednesday, December 4, 2024								Thursday, December 5, 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	
4	Apple Juice	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	
21	Cereal WG	15	100	0	0	0	0	14	Biscuits	12	130	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
182	Cheese Coney (A) Hamburger w/Chees	0	0	0	0	0	0	53	Fish	17	150	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	
88	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	
Snack								Snack								
12	Bun wg	0	0	0	0	0	0	183	Potato chips (A)	0	0	0	0	0	0	
80	Milk	12	100	0	0	0	0	12	Bun wg	0	0	0	0	0	0	
136	Graham Crackers WG	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
								57	Goldfish Crackers WG	20	100	0	0	0	0	
Friday, December 6, 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									
146	Waffles WG	0	0	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
201	Grilled Chicken Salad (a) grilled nugget	0	0	0	0	0	0									
172	Salad /Dressing (A) Green beans(C)	0	0	0	0	0	0									
81	Mixed Fruit	15	100	0	0	0	0									
Snack																
106	Roll	15	100	0	0	0	0									
80	Milk	12	100	0	0	0	0									
10	Banana	15	40	0	0	0	0									

Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains
Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate
Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains
Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate
Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains
Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA Director Office of Adjudication, 1400 Independence Avenue., SW., Washington, DC 20150-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech

REDWOOD

December Menu 2024

WEEK 2															
Monday, December 9, 2024							Tuesday, December 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
10	Banana	15	40	0	0	0	0	4	Apple Juice	12	60	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	16	Muffin WG	30	130	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	158	Chicken Tender Wrap (A) Chicken nugg	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	74	Lettuce/Tomato/(A) Broccoli (C)	22	65	0	0	0	0
89	Pears	12	80	0	0	0	0	93	Pineapple	15	60	0	0	0	0
Snack							Snack								
122	Bun	12	100	0	0	0	0	143	Flour Tortilla (A) Roll(C)	0	0	0	0	0	0
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
6	Applesauce	15	60	0	0	0	0	117	Vanilla Wafers	17	120	0	0	0	0
Wednesday, December 11, 2024							Thursday, December 12, 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
46	Cranraisins	15	50	0	0	0	0	89	Pears	12	80	0	0	0	0
49	Cream of Wheat	24	110	0	0	0	0	165	Cinnamon Roll	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	207	Cream Chicken	0	0	0	0	0	0
125	Tomato Soup	0	0	0	0	0	0	90	Peas	15	80	0	0	0	0
5	Apple Slices	8	30	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
121	Bread WG	12	80	0	0	0	0	208	Noodles	0	0	0	0	0	0
Snack							Snack								
80	Milk	12	100	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
Friday, December 13, 2024															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
89	Pears	12	80	0	0	0	0								
120	Bagel	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
204	Corn Dog (A) Chicken Nuggets (c)	0	0	0	0	0	0								
55	French Fries/Catsup	22	110	0	0	0	0								
10	Banana	15	40	0	0	0	0								
146	Waffles WG	0	0	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								

Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains
Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate
Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains
Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate
Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains
Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA Director Office of Adjudication, 1400 Independence Avenue., SW., Washington, DC 20150-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech

REDWOOD

December Menu 2024

WEEK 3															
Monday, December 16, 2024							Tuesday, December 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
88	Peaches	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	107	Sausage Biscuit	20	210	0	0	0	0
Lunch							Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
36	Chicken Salad	25	100	0	0	0	0	190	Baked Potato w/cheese	0	0	0	0	0	0
101	Potato Wedges	25	100	0	0	0	0	18	Broccoli	10	80	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
206	Pretzel Bun	0	0	0	0	0	0	106	Roll	15	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	102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, December 18, 2024							Thursday, December 19, 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	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
129	Open-faced Roast Beef	0	0	0	0	0	0	51	Eggs Scrambled w/Cheese	25	100	0	0	0	0
79	Mashed Potato	34	160	0	0	0	0	66	Hashbrown	22	150	0	0	0	0
23	Carrots	10	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
121	Bread WG	12	80	0	0	0	0	15	Gravy for Biscuits	19	210	0	0	0	0
Snack							Snack								
80	Milk	12	100	0	0	0	0	14	Biscuits	12	130	0	0	0	0
136	Graham Crackers WG	0	0	0	0	0	0	59	Grape Juice	16	20	0	0	0	0
								123	Yogurt	12	80	0	0	0	0
Friday, December 20, 2024															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								
165	Cinnamon Roll	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
11	BBQ	0	0	0	0	0	0								
186	Tater tots	0	0	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
12	Bun wg	0	0	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								

Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains
Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate
Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains
Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate
Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains
Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA Director Office of Adjudication, 1400 Independence Avenue., SW., Washington, DC 20150-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech

REDWOOD

December Menu 2024

WEEK 4															
Monday, December 23, 2024							Tuesday, December 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	187	Holiday No School	0	0	0	0	0	0
89	Pears	12	80	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	187	Holiday No School	0	0	0	0	0	0
181	Chicken Caesar Salad(A) chicken sandw	0	0	0	0	0	0								
172	Salad /Dressing (A) Green beans(C)	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
56	Garlic Bread	12	100	0	0	0	0								
Snack							Snack								
80	Milk	12	100	0	0	0	0	187	Holiday No School	0	0	0	0	0	0
45	Crackers	20	100	0	0	0	0								
28	Cheese	4	180	0	0	0	0								
Wednesday, December 25, 2024							Thursday, December 26, 2024								
Breakfast							Breakfast								
187	Holiday No School	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								84	Juice	15	60	0	0	0	0
								16	Muffin WG	30	130	0	0	0	0
Lunch							Lunch								
								80	Milk	12	100	0	0	0	0
								96	Pizza	35	225	0	0	0	0
187	Holiday No School	0	0	0	0	0	0	112	Toss Salad (A) Peas (C)	5	25	0	0	0	0
								93	Pineapple	15	60	0	0	0	0
Snack							Snack								
187	Holiday No School	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								105	Cereal	0	0	0	0	0	0
Friday, December 27, 2024															
Breakfast															
80	Milk	12	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
16	Muffin WG	30	130	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
138	Chicken Patty	0	0	0	0	0	0								
186	Tater tots	0	0	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
122	Bun	12	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								

Milk
Fruit/Veg./Juice
Grains
Grains

Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains

Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate

Milk
Fruit/Veg./Juice
Grains
Grains

Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains

Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate

Milk
Fruit/Veg./Juice
Grains
Grains

Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
Grains

Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA Director Office of Adjudication, 1400 Independence Avenue., SW., Washington, DC 20150-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech

REDWOOD

December Menu 2024

WEEK 5																
Monday, December 30, 2024							Tuesday, December 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	Milk
10	Banana	15	40	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	Fruit/Veg./Juice
166	BagelWG	0	0	0	0	0	0	21	Cereal WG	15	100	0	0	0	0	Grains
Lunch							Lunch									
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 Alternate
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
Snack							Snack									
77	Mandarin Oranges	12	60	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
130	Cheese String	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Fruit/Veg./Juice
Wednesday, January 1, 2025							Thursday, January 2, 2025									
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
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
Lunch							Lunch									
187	Holiday No School	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
								115	Turkey Cheese Sandwiches	12	230	0	0	0	0	Meat/Meat Alternate
								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
Snack							Snack									
80	Milk	12	100	0	0	0	0	84	Juice	15	60	0	0	0	0	Milk
102	Pretzels (Soft) WG	30	100	0	0	0	0	123	Yogurt	12	80	0	0	0	0	Fruit/Veg./Juice
Friday, January 3, 2025																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
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
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 Alternate
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
Snack																
80	Milk	12	100	0	0	0	0									Milk
136	Graham Crackers WG	0	0	0	0	0	0									Fruit/Veg./Juice
																Grains
																Meat/Meat Alternate

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA Director Office of Adjudication, 1400 Independence Avenue., SW., Washington, DC 20150-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech