REDWOOD

November Menu 2024

							WEE	K 1							
	Monday, October								Tuesday, Od						
tem#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod
	Breakfast								Breakfast						
Α	See Last Month's Menu	0	0	0	0	0	0	Α	See Last Month's Menu	0	0	0	0	0	0
	Lunch								Lunch						
Α	See Last Month's Menu	0	0	0	0	0	0	Α	See Last Month's Menu	0	0	0	0	0	0
	See East Month o Mond		Ū						oco Edot Month o Mond						Ů
	On sale								Oneste						
	Snack								Snack						
Α	See Last Month's Menu	0	0	0	0	0	0	Α	See Last Month's Menu	0	0	0	0	0	0
		20.4													
tem#	Wednesday, Octobe		Cal	Pro	Fat	Fib	Sod	Item#	Thursday, O	ctober 31, 2	2024			ı	ı
iteiii ii	Breakfast	Carb	<u> </u>	110	<u>r at</u>	110	300	item#	Breakfast						
Α	See Last Month's Menu	0	0	0	0	0	0	Α	See Last Month's Menu	0	0	0	0	0	0
	Lunch								Lunch						
Α	See Last Month's Menu	0	0	0	0	0	0	_	O I + M + I - M	0	0	0	0	0	_
								Α	See Last Month's Menu	0	U	U	0	U	0
	Snack								Snack						
										•			•		
Α	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
	Friday, Novembe	r 1, 202	24												
tem#	Menu Items Breakfast														
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
141	Pancakes	35	210	0	0	0	0								
80	Lunch Milk	12	100	0	0	0	0								
128	Chef Salad (A) Sunbutter&Jelly Sandwid	0	0	0	0	0	0								
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
45	Oversland	00	100		_	_	_								
45	Crackers Snack	20	100	0	0	0	0								
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								
						_									

REDWOOD

November Menu 2024

							WEE	K 2							
	Monday, Novem	ber 4, 20)24						Tuesday, Novem	ber 5, 2	2024				
Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod
	Breakfast								Breakfast						
	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
	Banana	15	40	0	0	0	0	84	Juice	15	60	0	0	0	0
14 E	Biscuits	12	130	0	0	0	0	16	Muffin WG	30	130	0	0	0	0
00	Lunch	- 10	100				_		Lunch	10	100	_	_		
	Milk Salisbury Steak	12	100	0	0	0	0	80 158	Milk	12	100	0	0	0	0
	Mashed Potato	34	160	0	0	0	0	207	Chicken Tender Wrap (A) Chicken nugo lettuce& tomasto in wrap(A) Peas (C)	0	0	0	0	0	0
	Carrots	10	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
20	Carrois	10	- 00	U	0	0	U	47	Cream of Chicken & Wild Rice Soup(A)	30	150	0	0	0	0
106 F	Roll	15	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
.00	Snack	1 .5	100		Ť	Ť	Ť	10	Snack		100	Ť			Ü
80 1	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
	Applesauce	15	60	0	0	0	0								
								117	Vanilla Wafers	17	120	0	0	0	0
	Wednesday, Nove	mber 6,	2024						Thursday, Novem	ber 7,	2024				
Item#	<u>Menu Items</u>	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items						
	Breakfast								Breakfast						
	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
21 (Cereal WG	15	100	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0
															
00	Lunch	10	100		_	_	_	00	Lunch	40	100	_	_	_	
	Milk Spaghetti/Meatsauce/Cheese	12	100	0	0	0	0	80 35	Milk	12 25	100 235	0	0	0	0
	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0	61	Chicken Rice Casserole Green Beans	10	80	0	0	0	0
	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
	Garlic Bread	12	100	0	0	0	0	106	Roll	15	100	0	0	0	0
30	danic bread	12	100	U	0	Ū	U	100	Tion	13	100	Ü		U	U
	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
123	Yogurt	12	80	0	0	0	0								
	Friday, Novemb	er 8, 202	24												
Item#	<u>Menu Items</u>							1							
	Breakfast														
	Milk	12	100	0	0	0	0	1							
	Mixed Fruit	15	100	0	0	0	0	4							
166 E	BagelWG	0	0	0	0	0	0	I							
	Lunah							-							
205	Lunch	0	0	0	0	0	0	-							
	Quesadilla Corn (A) Peas (C)	0 15	0 80	0	0	0	0	1							
	Corn (A) Peas (C) Cinnamon Apples	17	120	0	0	0	0	1							
	Lettuce/Tomato/Sour cream (A)	22	65	0	0	0	0	1							
	Flour Tortilla	0	0	0	0	0	0	1							
170	. 1031 1014114	Ť				J	J	1							
	Snack							1							
		_	100	0	0	0	0	1							
80	Milk	12													
	Milk	12	60	0	0	0	0								
						0	0	l							

REDWOOD

November Menu 2024

							WEE	K 3								_
	Monday, Noveml	per 11, 20	024						Tuesday, Noveml	ber 12,	2024					
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	<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
88	Peaches	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juic
16	Muffin WG	30	130	0	0	0	0	141	Pancakes	35	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
196	Italian sub (A) Turkey (C)	0	0	0	0	0	0	63	Grilled Chicken	17	60	0	0	0	0	Meat/Meat Alte
193	Potato Wedges	0	0	0	0	0	0	153	Brussel Sprouts (A) Green Beans (C)	0	0	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
121	Bread WG	12	80	0	0	0	0	179	Rice	0	0	0	0	0	0	Grains
																Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Veg./Juice
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
																Meat/Meat Alte
	Wednesday, Nover	mber 13,	2024						Thursday, Novem	ber 14,	2024					
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items							
	Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice
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
139	Sloppy Joe	0	0	0	0	0	0	37	Chicken Tenders (A) Chicken nugget (25	240	0	0	0	0	Meat/Meat Alte
41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	61	Green Beans	10	80	0	0	0	0	Fruit/Veg.
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
																Grains
122	Bun	12	100	0	0	0	0	76	Mac & Cheese	17	115	0	0	0	0	Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0									Milk
								59	Grape Juice	16	20	0	0	0	0	Fruit/Veg./Juice
136	Graham Crackers WG	0	0	0	0	0	0									Grains
								123	Yogurt	12	80	0	0	0	0	Meat/Meat Alte
	Friday, Novemb	er 15, 20	24													
Item#	Menu Items							1								
	Breakfast															
80	Milk	12	100	0	0	0	0									Milk
89	Pears	12	80	0	0	0	0									Fruit/Veg./Juice
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0									Grains
																Grains
	Lunch															
80	Milk	12	100	0	0	0	0									Milk
124	Tuna Salad	0	0	0	0	0	0									Meat/Meat Alte
48	Cream of Potato Soup	30	150	0	0	0	0									Fruit/Veg.
93	Pineapple	15	60	0	0	0	0									Fruit/Veg.
121	Bread WG	12	80	0	0	0	0									Grains
		T	1	Ť	Ť	Ť	Ť									Grains
	Snack															
	V.14V.1		100	0	0	0	0									Milk
80	Milk	1 12														
80	Milk	12	100													Fruit/Vea /Juice
80	Milk Cereal WG	12	100	0	0	0	0									Fruit/Veg./Juice Grains

REDWOOD

November Menu 2024

							WEE	K 4								
	Monday, Novembe								Tuesday, Nover							
Item#	Menu Items	Carb	<u>Cal</u>	<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	
80 Milk	Breakfast	40	100	_	_	_	_	00	Breakfast	10	100	_	_	_	0	A.C.U.
80 Milk 10 Ban		12 15	100 40	0	0	0	0	80 89	Milk Pears	12 12	100 80	0	0	0	0	Milk Fruit/Veg./Ji
	ncakes	35	210	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	Grains
141 Fall	icanes	33	210	0	0	U	U	JZ	Lingiisii Mulliii Marg/Butter/Jelly	12	100	0	0	U	U	Grains
	Lunch								Lunch							Granis
80 Milk		12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
	n sandwich	0	0	0	0	0	0	138	Chicken Patty	0	0	0	0	0	0	Meat/Meat A
	ccoli Salad (A) Broccoli ©	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.
89 Pea	ars	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
121 Bre	ead WG	12	80	0	0	0	0	122	Bun	12	100	0	0	0	0	Grains
																Grains
	Snack								Snack							
80 Milk		12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
6 App	blesauce	15	60	0	0	0	0					_	_			Fruit/Veg./Ju
								102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
	Wadaaadaa Nasaad	00	0004						Thomas done Norma		0004					Meat/Meat A
be#	Wednesday, Novemb			Due	F-t	File	Cod	lane."	Thursday, Nove	nder 21,	2024	_	_			
Item#	Menu Items Breakfast	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items Breakfast							
80 Milk		12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
84 Juic		15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg./Ju
	fin WG	30	130	0	0	0	0	120	Bagel	0	0	0	0	0	0	Grains
TO IVIGIT		- 00	100	Ů			Ů	120	Bugoi	1	Ů	_			Ů	Grains
	Lunch								Lunch							
80 Milk		12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
11 BBC	Q	0	0	0	0	0	0	185	Thnksgiving Dinner Turkey	0	0	0	0	0	0	Meat/Meat A
173 Smil	iley Faces (A&C) Potato Chips (STA	0	0	0	0	0	0	114	Turkey & Dressing	10	50	0	0	0	0	Fruit/Veg.
40 Cole	e Slaw (A) Peaches (C)	12	110	0	0	0	0	206	Green Bean/Mashed Potato	0	0	0	0	0	0	Fruit/Veg.
								44	Corn Pudding	30	150	0	0	0	0	Grains
122 Bur		12	100	0	0	0	0	7	Asst. Desserts	5	45	0	0	0	0	Grains
00 14:11	Snack	40	100						Snack	10	100			•		
80 Milk	(12	100	0	0	0	0	80	Milk	12	100 60	0	0	0	0	Milk
								77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg./Jui Grains
123 Yog	nurt .	12	80	0	0	0	0									Meat/Meat Al
120 109	Friday, November			U	U	U	U									Weat Weat A
Item#	Menu Items	, <u>_</u>			Г											
ICHIT	Breakfast															
80 Milk		12	100	0	0	0	0									Milk
	eapple	15	60	0	0	0	0									Fruit/Veg./Ju
14 Bisc		12	130	0	0	0	0									Grains
																Grains
	Lunch															
80 Milk		12	100	0	0	0	0									Milk
	ento Cheese sand (a) Cheese Sand	0	0	0	0	0	0									Meat/Meat A
	jetable Soup	22	180	0	0	0	0									Fruit/Veg.
89 Pea		12	80	0	0	0	0									Fruit/Veg.
121 Bre	ead WG	12	80	0	0	0	0									Grains
																Grains
	Snack		121													
80 Milk	S	12	100	0	0	0	0									Milk
45	alvara	- 00	100	_	_	_	_									Fruit/Veg./Ju
	ckers	20	100	0	0	0	0									Grains
	eese	4	180	0	0	0	0									Meat/Meat

REDWOOD

November Menu 2024

								WEE	K 5								
No. 12 100 0 0 0 0 0 0 0 0	Item#		Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#		Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	
10	00		40	100		_			00		10	100		_	_	0	NATIO.
Careal WG							_						_	_			Milk Fruit/V
Lunch																	Grains
Milk		vereur TTG	10	100					100	Bagairra	—			-	Ť	Ü	Grains
10 10 10 10 10 10 10 10		Lunch								Lunch							
170					0	0	0				12	100	0	0		0	Milk
77 Mandarin Oranges							0	_		00,			0				Meat/N
Cackers																	Fruit/V
Snack																	Fruit/V
Snack	45 C	rackers	20	100	0	0	0	0									Grains
Name		Snack							202		- 0	U	U	U	U	U	Grains
Mail Milk 12 100 0 0 0 0 0 0 0 0		Ondok							80		12	100	0	0	0	0	Milk
Section Sect	84 J	uice	15	60	0	0	0	0									Fruit/V
Wednesday, November 27, 2024 Thursday, November 28, 2024									57	Goldfish Crackers WG	20	100	0	0	0	0	Grains
Menu Items	130 C				0	0	0	0									Meat/N
Breakfast		•	_								nber 28,	2024					
Milk	tem#		Carb	Cal	Pro	<u>Fat</u>	Fib	Sod	Item#								
Peaches	90		10	100	0	0	0	0		Breakfast							Mills
Cinnamon Roll									1//	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	Fruit/V
Lunch									144	TIOLIDAT SCHOOL CLOSED	-	U	U	U		U	Grains
Lunch	100	ninanon roii			Ť												Grains
Chicken Tenders (A) Chicken nugget (25 240 0 0 0 0 0 0 0 0 0		Lunch								Lunch							
French Fries/Catsup					0		0	0									Milk
Sack					_												Meat/N
Sack								_									Fruit/V
Snack							_		144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	Fruit/V
Snack	106 H	KOII	15	100	U	U	U	U									Grains Grains
Milk		Snack								Snack							Granis
Pretzels (Soft) WG	80 N		12	100	0	0	0	0									Milk
Friday, November 29, 2024									144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	Fruit/V
Friday, November 29, 2024 Part Menu Items Menu It	102 P	Pretzels (Soft) WG	30	100	0	0	0	0									Grains
### Menu Items Breakfast																	Meat/M
Breakfast			29, 20	24		1	_										
Mill	Item#						<u> </u>										
HOLIDAY SCHOOL CLOSED		Dicariast															Milk
Gra Lunch 44 HOLIDAY SCHOOL CLOSED 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	144 H	IOLIDAY SCHOOL CLOSED	0	0	0	0	0	0									Fruit/Ve
Lunch																	Grains
Mill																	Grains
HOLIDAY SCHOOL CLOSED		Lunch															
Fru Fru Gra Snack Mill HOLIDAY SCHOOL CLOSED 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	444	IOLIDAY COLLOOL OLOOFD				_											Milk
Fru Gra Gra Snack Mill HOLIDAY SCHOOL CLOSED 0 0 0 0 0 0 0 Gra	144 H	IULIDAY SCHOOL CLOSED	U	U	U	U	U	U									Meat/M Fruit/V
Gra Gra Snack Mill Fru HOLIDAY SCHOOL CLOSED 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0																	Fruit/V
Snack																	Grains
Mill																	Grains
Fru		Snack															
44 HOLIDAY SCHOOL CLOSED 0 0 0 0 0 0 0 Gra																	Milk
	144	IOLIDAY COLIDOL OLOGED	_	_	_	_	_	_									Fruit/V
1/4	144 H	IULIDAY SCHOOL CLOSED	U	U	U	U	U	U									Grains Meat/M