### **REDWOOD**

## January 2024 menu

|                        | _                     |            |         |     |            |     | WEE | K 1      |                                  |          |           |     |     |     |     |
|------------------------|-----------------------|------------|---------|-----|------------|-----|-----|----------|----------------------------------|----------|-----------|-----|-----|-----|-----|
|                        | Monday, Decen         | nber 30, 2 | 024     |     |            |     |     |          | Tuesday, Decemi                  | oer 31,  | 2024      |     |     |     |     |
| Item#                  | Menu Items            | Carb       | Cal     | Pro | Fat        | Fib | Sod | Item#    | Menu Items                       | Carb     | Cal       | Pro | Fat | 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   |
| A                      | See Last Month's Menu | 0          | -       | -   | U          | -   | U   | A        | See Last Month's Menu            | U        | U         | U   | U   | U   | U   |
|                        | 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   |
|                        | Snack                 |            |         |     |            |     |     |          | Charle                           |          |           |     |     |     |     |
|                        | 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   |
|                        |                       |            |         |     |            |     |     |          |                                  |          |           |     |     |     |     |
|                        | Wednesday, Ja         |            |         |     |            |     |     |          | Thursday, Janua                  | ary 2, 2 | 025       |     |     |     |     |
| tem#                   | Menu Items            | Carb       | Cal     | Pro | <u>Fat</u> | Fib | Sod | Item#    | Menu Items                       |          |           |     |     |     |     |
|                        | Breakfast             |            |         |     |            |     |     | 00       | Breakfast                        | 10       | 100       | •   |     | _   |     |
| 187                    | Holiday No School     | 0          | 0       | 0   | 0          | 0   | 0   | 80<br>88 | Milk<br>Peaches                  | 12<br>12 | 100<br>60 | 0   | 0   | 0   | 0   |
| 10/                    | Holiday No Scribol    | - 0        | U       | U   | U          | U   | U   | 209      | Pancakes WG © Cinnamon Roll (A)  | 0        | 0         | 0   | 0   | 0   | 0   |
|                        |                       |            |         |     |            |     |     | 200      | randates was similarion from (7) |          |           |     |     |     |     |
|                        | Lunch                 |            |         |     |            |     |     |          | Lunch                            |          |           |     |     |     |     |
|                        |                       |            |         |     |            |     |     | 80       | Milk                             | 12       | 100       | 0   | 0   | 0   | 0   |
|                        |                       |            |         |     |            |     |     | 115      | Turkey Cheese/Wheat              | 12       | 230       | 0   | 0   | 0   | 0   |
| 187                    | Holiday No School     | 0          | 0       | 0   | 0          | 0   | 0   | 118      | Vegetable Soup                   | 22       | 180       | 0   | 0   | 0   | 0   |
|                        |                       |            |         |     |            |     |     | 89       | Pears                            | 12       | 80        | 0   | 0   | 0   | 0   |
|                        |                       |            |         |     |            |     |     | 121      | Bread WG                         | 12       | 80        | 0   | 0   | 0   | 0   |
|                        | Snack                 |            |         |     |            |     |     |          | Snack                            |          |           |     |     |     |     |
|                        | Gridon                |            |         |     |            |     |     |          | Chiaok                           |          |           |     |     |     |     |
| 187                    | Holiday No School     | 0          | 0       | 0   | 0          | 0   | 0   | 145      | Juice                            | 0        | 0         | 0   | 0   | 0   | 0   |
|                        |                       |            |         |     |            |     |     |          |                                  |          |           |     |     |     |     |
|                        |                       |            |         |     |            |     |     | 123      | Yogurt                           | 12       | 80        | 0   | 0   | 0   | 0   |
|                        | Friday, Janua         | ary 3, 202 | 5       |     |            |     |     |          |                                  |          |           |     |     |     |     |
| tem#                   | Menu Items            |            |         |     |            |     |     | ł        |                                  |          |           |     |     |     |     |
| 80                     | Breakfast<br>Milk     | 12         | 100     | 0   | 0          | 0   | 0   | 1        |                                  |          |           |     |     |     |     |
| 81                     | Mixed Fruit           | 15         | 100     | 0   | 0          | 0   | 0   | 1        |                                  |          |           |     |     |     |     |
| 16                     | Muffin WG             | 30         | 130     | 0   | 0          | 0   | 0   |          |                                  |          |           |     |     |     |     |
|                        |                       |            |         |     |            |     |     |          |                                  |          |           |     |     |     |     |
|                        | Lunch                 |            |         |     |            |     |     |          |                                  |          |           |     |     |     |     |
| 80                     | Milk                  | 12         | 100     | 0   | 0          | 0   | 0   |          |                                  |          |           |     |     |     |     |
|                        | Grilled Cheese        | 0          | 0       | 0   | 0          | 0   | 0   | -        |                                  |          |           |     |     |     |     |
| 126                    | Tomato Soup<br>Banana | 0<br>15    | 0<br>40 | 0   | 0          | 0   | 0   | -        |                                  |          |           |     |     |     |     |
| 125                    |                       | 12         | 80      | 0   | 0          | 0   | 0   | 1        |                                  |          |           |     |     |     |     |
| 125<br>10              |                       |            | - 55    | Ť   | j          | Ť   |     | 1        |                                  |          |           |     |     |     |     |
| 125                    | Bread WG              |            |         |     |            |     |     | 1        |                                  |          |           |     |     |     |     |
| 125<br>10              |                       |            |         |     |            |     |     |          |                                  |          |           |     |     |     |     |
| 125<br>10              | Bread WG              | 12         | 100     | 0   | 0          | 0   | 0   |          |                                  |          |           |     |     |     |     |
| 125<br>10<br>121<br>80 | Bread WG Snack Milk   | 12         |         |     |            |     |     |          |                                  |          |           |     |     |     |     |
| 125<br>10<br>121       | Bread WG Snack        |            | 100     | 0   | 0          | 0   | 0   |          |                                  |          |           |     |     |     |     |

WEEK 2

### **REDWOOD**

## January 2024 menu

|          | Monday, January                        | 6, 202   | 25         |          |     |     |     | i –   | Tuesday, Janua                       | ry 7, 20 | 025  |     |     |     |     |                        |
|----------|--|----------|------------|----------|-----|-----|-----|-------|--------------------------------------|----------|------|-----|-----|-----|-----|------------------------|
| Item#    | Menu Items                             |          | Cal        | 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   | 77    | Mandarin Oranges                     | 12       | 60   | 0   | 0   | 0   | 0   | Fruit/Veg./Jui         |
| 21       | Cereal WG                              | 15       | 100        | 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                   |
| 36       | Chicken Salad (A) Chicken Patty (C)    | 25       | 100        | 0        | 0   | 0   | 0   | 190   | Baked Potato w/cheese                | 0        | 0    | 0   | 0   | 0   | 0   | Meat/Meat Al           |
| 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   | 93    | Pineapple                            | 15       | 60   | 0   | 0   | 0   | 0   | Fruit/Veg.             |
| 193      | Croissant (A) BunWG (C)                | 0        | 0          | 0        | 0   | 0   | 0   | 47    | Cream of Chicken & Wild Rice Soup (A | 30       | 150  | 0   | 0   | 0   | 0   | Grains                 |
|          |  |          |            |          |     |     |     | 45    | Crackers                             | 20       | 100  | 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./Jui         |
| 136      | Graham Crackers WG                     | 0        | 0          | 0        | 0   | 0   | 0   |       |                                      |          |      |     |     |     |     | Grains                 |
|          |  |          |            |          |     |     |     | 123   | Yogurt                               | 12       | 80   | 0   | 0   | 0   | 0   | Meat/Meat Alt          |
|          | Wednesday, Janua                       | ary 8, 2 | 025        |          |     |     |     |       | Thursday, Janua                      | ry 9, 2  | 025  |     |     |     |     |                        |
| Item#    | Menu Items                             | Carb     |            | 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                   |
| 81       | Mixed Fruit                            | 15       | 100        | 0        | 0   | 0   | 0   | 89    | Pears                                | 12       | 80   | 0   | 0   | 0   | 0   | Fruit/Veg./Jui         |
| 141      | Pancakes                               | 35       | 210        | 0        | 0   | 0   | 0   | 165   | Cinnamon Roll                        | 0        | 0    | 0   | 0   | 0   | 0   | Grains                 |
|          | T direction                            | - 00     | 2.0        | Ů        | Ŭ   | Ŭ   | Ů   | .00   |                                      |          | Ů    | Ů   | Ů   | Ů   |     | Grains                 |
|          | Lunch                                  |          |            |          |     |     |     |       | Lunch                                |          |      |     |     |     |     | Granis                 |
| 80       | Milk                                   | 12       | 100        | 0        | 0   | 0   | 0   | 80    | 53                                   | 12       | 100  | 0   | 0   | 0   | 0   | Milk                   |
| 188      | Metts, Bratts, Hot Dogs (A) Hamburger( |          | 0          | 0        | 0   | 0   | 0   | 195   | Turkey Wrap                          | 0        | 0    | 0   | 0   | 0   | 0   | Meat/Meat Al           |
| 196      | Corn Salad (A ) Green Bean (C)         | 0        | 0          | 0        | 0   | 0   | 0   | 118   | Vegetable Soup                       | 22       | 180  | 0   | 0   | 0   | 0   | Fruit/Veg.             |
| 5        | Apple Slices                           | 8        | 30         | 0        | 0   | 0   | 0   | 88    | Peaches                              | 12       | 60   | 0   | 0   | 0   | 0   | Fruit/Veg.             |
|          | Apple olices                           |          | - 50       | -        | U   | U   |     | - 00  | i eaches                             | 12       | - 00 | U   | 0   | -   | -   | Grains                 |
| 122      | Bun                                    | 12       | 100        | 0        | 0   | 0   | 0   | 45    | Crackers                             | 20       | 100  | 0   | 0   | 0   | 0   | Grains                 |
| 122      | Snack                                  | 12       | 100        |          | -   | U   |     | 73    | Snack                                | 20       | 100  | U   | 0   |     |     | Grains                 |
| 80       | Milk                                   | 12       | 100        | 0        | 0   | 0   | 0   | 80    | Milk                                 | 12       | 100  | 0   | 0   | 0   | 0   | Milk                   |
| 00       | IVIIIK                                 | 12       | 100        | 0        | U   | U   | -   | 00    | IVIIIK                               | 12       | 100  | U   | 0   | 0   | U   | Fruit/Veg./Jui         |
| 117      | Vanilla Wafers                         | 17       | 120        | 0        | 0   | 0   | 0   | 57    | Goldfish Crackers WG                 | 20       | 100  | 0   | 0   | 0   | 0   | Grains                 |
| 117      | Valilla Walers                         | 17       | 120        | U        | U   | U   | U   | 37    | Goldlish Crackers WG                 | 20       | 100  | U   | 0   | U   | U   | Meat/Meat Alt          |
|          | Friday January                         | 10 000   | 5          | <u> </u> |     |     |     |       |                                      |          |      |     |     |     |     | ivieat/ivieat Ait      |
| h "      | Friday, January                        | 10, 202  | . <u>J</u> | _        |     |     | _   | 1     |                                      |          |      |     |     |     |     |                        |
| Item#    | Menu Items                             |          |            |          |     |     |     | ł     |                                      |          |      |     |     |     |     |                        |
| 00       | Breakfast                              | 10       | 100        | 0        | 0   | 0   |     | ł     |                                      |          |      |     |     |     |     | Mills                  |
| 80       | Milk                                   | 12       | 100        |          | 0   | 0   | 0   | ł     |                                      |          |      |     |     |     |     | Milk                   |
| 6<br>120 | Applesauce                             | 15       | 60         | 0        | 0   | 0   | 0   | ł     |                                      |          |      |     |     |     |     | Fruit/Veg./Jui         |
| 120      | Bagel                                  | 0        | 0          | 0        | 0   | 0   | 0   | ł     |                                      |          |      |     |     |     |     | Grains                 |
|          | Lumah                                  |          |            |          |     |     |     | ł     |                                      |          |      |     |     |     |     | Grains                 |
| 00       | Lunch                                  | 10       | 100        | ^        | ^   | _   | _   | ł     |                                      |          |      |     |     |     |     | Mills                  |
| 80       | Milk                                   | 12       | 100        | 0        | 0   | 0   | 0   | ł     |                                      |          |      |     |     |     |     | Milk                   |
| 167      | Cracked Chicken Spaghetti              | 0        | 0          | 0        | 0   | 0   | 0   |       |                                      |          |      |     |     |     |     | Meat/Meat Al           |
| 18       | Broccoli                               | 10       | 80         | 0        | 0   | 0   | 0   | ł     |                                      |          |      |     |     |     |     | Fruit/Veg.             |
| 89       | Pears                                  | 12       | 80         | 0        | 0   | 0   | 0   |       |                                      |          |      |     |     |     |     | Fruit/Veg.             |
| 106      | Roll                                   | 15       | 100        | 0        | 0   | 0   | 0   | I     |                                      |          |      |     |     |     |     | Grains                 |
|          |  |          |            |          |     |     |     | I     |                                      |          |      |     |     |     |     | Grains                 |
|          | Snack                                  |          |            |          |     |     |     |       |                                      |          |      |     |     |     |     |                        |
| 80       | Milk                                   | 12       | 100        | 0        | 0   | 0   | 0   |       |                                      |          |      |     |     |     |     | Milk                   |
|          |  | 40       | 60         | 0        | 0   | 0   | 0   | I     |                                      |          |      |     |     |     |     | Fruit/Veg./Jui         |
| 77       | Mandarin Oranges                       | 12       | 00         | _        |     |     |     | 4     |                                      |          |      |     |     |     |     |                        |
|          | Mandarin Oranges                       | 12       | 00         |          |     |     |     | 1     |                                      |          |      |     |     |     |     | Grains<br>Meat/Meat Al |

## **REDWOOD**

# January 2024 menu

|         |                                    |         |      |     |            |            | WEE | K 3     |                            |           |      |     |            |     |     |                     |
|---------|------------------------------------|---------|------|-----|------------|------------|-----|---------|----------------------------|-----------|------|-----|------------|-----|-----|---------------------|
|         | Monday, January                    | 13, 20  | 25   |     |            |            |     |         | Tuesday, Janua             | ary 14, 2 | 025  |     |            |     |     |                     |
| Item#   | Menu Items                         | Carb    | Cal  | Pro | <u>Fat</u> | <u>Fib</u> | 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   | Milk                |
| 4       | Apple Juice                        | 12      | 60   | 0   | 0          | 0          | 0   | 6       | Applesauce                 | 15        | 60   | 0   | 0          | 0   | 0   | Fruit/Veg./Juice    |
| 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                |
| 65      | Ham Sandwich                       | 10      | 100  | 0   | 0          | 0          | 0   | 161     | Cheese Bread Stick         | 0         | 0    | 0   | 0          | 0   | 0   | Meat/Meat Alternate |
| 100     | Potato Salad(A) Mashed Potatos (C) | 25      | 150  | 0   | 0          | 0          | 0   | 112     | Toss Salad (A) Peas (C)    | 5         | 25   | 0   | 0          | 0   | 0   | Fruit/Veg.          |
| 81      | Mixed Fruit                        | 15      | 100  | 0   | 0          | 0          | 0   | 93      | Pineapple                  | 15        | 60   | 0   | 0          | 0   | 0   | Fruit/Veg.          |
| 121     | Bread WG                           | 12      | 80   | 0   | 0          | 0          | 0   | 161     | Cheese Bread Stick         | 0         | 0    | 0   | 0          | 0   | 0   | Grains              |
|         |                                    |         |      |     |            |            |     |         |                            |           |      |     |            |     |     | Grains              |
|         | Snack                              | 10      | 100  |     |            |            |     |         | Snack                      | - 10      | 100  |     |            |     |     |                     |
| 80      | Milk                               | 12      | 100  | 0   | 0          | 0          | 0   | 80      | Milk                       | 12        | 100  | 0   | 0          | 0   | 0   | Milk                |
|         | 0.15.10.1.100                      |         | 100  |     |            |            |     | 400     | D + 1 (0 (0) 11(0)         |           | 100  |     |            |     |     | Fruit/Veg./Juice    |
| 57      | Goldfish Crackers WG               | 20      | 100  | 0   | 0          | 0          | 0   | 102     | Pretzels (Soft) WG         | 30        | 100  | 0   | 0          | 0   | 0   | Grains              |
|         | Wednesday, Janua                   | n/15 1  | 0025 | l.  |            |            |     |         | Thursday, Janu             | on/16 '   | 0025 |     |            |     |     | Meat/Meat Alternate |
| Item#   | Menu Items                         | Carb    |      | Pro | Fat        | Fib        | Sod | Item#   | Menu Items                 | ary 10, 2 | 2023 |     |            |     | 1   |                     |
| ileiii# | Breakfast                          | Carb    | Cai  | FIU | ιαι        | 110        | 300 | ILCIII# | 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./Juice    |
| 14      | Biscuits WG                        | 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                |
| 192     | BBQ                                | 0       | 0    | 0   | 0          | 0          | 0   | 132     | Spaghetti/Meatsauce/Cheese | 0         | 0    | 0   | 0          | 0   | 0   | Meat/Meat Alternate |
| 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                              |         |      |     |            |            |     | 88      | Peaches                    | 12        | 60   | 0   | 0          | 0   | 0   | Fruit/Veg.          |
| 99      | Potato Chips (A)                   | 25      | 165  | 0   | 0          | 0          | 0   | 56      | Garlic Bread               | 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                |
|         |                                    | _       |      | _   |            | _          |     |         |                            |           |      |     |            |     |     | Fruit/Veg./Juice    |
| 136     | Graham Crackers WG                 | 0       | 0    | 0   | 0          | 0          | 0   | 400     |                            | - 10      |      |     |            |     |     | Grains              |
|         | Friday, January                    | 17 000  | E    |     |            |            |     | 123     | Yogurt                     | 12        | 80   | 0   | 0          | 0   | 0   | Meat/Meat Alternate |
| Item#   | Menu Items                         | 17, 202 | .5   | 1   |            | Т          | 1   |         |                            |           |      |     |            |     |     |                     |
| item#   | Breakfast                          |         |      |     |            |            |     |         |                            |           |      |     |            |     |     | i                   |
| 80      | Milk                               | 12      | 100  | 0   | 0          | 0          | 0   |         |                            | -         |      |     |            |     |     | Milk                |
| 10      | Banana                             | 15      | 40   | 0   | 0          | 0          | 0   |         |                            |           |      |     |            |     |     | Fruit/Veg./Juice    |
| 21      | Cereal WG                          | 15      | 100  | 0   | 0          | 0          | 0   |         |                            |           |      |     |            |     |     | Grains              |
|         |                                    |         |      | Ť   | Ť          | Ť          | Ť   |         |                            |           |      |     |            |     |     | Grains              |
|         | Lunch                              |         |      |     |            |            |     |         |                            |           |      |     |            |     |     |                     |
| 80      | Milk                               | 12      | 100  | 0   | 0          | 0          | 0   | 80      | Milk                       | 12        | 100  | 0   | 0          | 0   | 0   | Milk                |
| 191     | Chef Salad (A) Turkey Sandwich( C) | 0       | 0    | 0   | 0          | 0          | 0   | 38      | Chili w/Beans              | 32        | 210  | 0   | 0          | 0   | 0   | Meat/Meat Alternate |
| 72      | Lettuce (A) Carrots(C)             | 5       | 45   | 0   | 0          | 0          | 0   | 113     | Toss Salad (A) Carrots (C) | 5         | 25   | 0   | 0          | 0   | 0   | Fruit/Veg.          |
| 88      | Peaches                            | 12      | 60   | 0   | 0          | 0          | 0   | 89      | Pears                      | 12        | 80   | 0   | 0          | 0   | 0   | Fruit/Veg.          |
| 106     | Roll                               | 15      | 100  | 0   | 0          | 0          | 0   | 45      | Crackers                   | 20        | 100  | 0   | 0          | 0   | 0   | Grains              |
|         |                                    |         |      |     |            |            |     |         |                            |           |      |     |            |     |     | Grains              |
|         | Snack                              |         |      |     |            |            |     |         |                            |           |      |     |            |     |     |                     |
| 80      | Milk                               | 12      | 100  | 0   | 0          | 0          | 0   |         |                            |           |      |     |            |     |     | Milk                |
|         |                                    |         |      |     |            |            |     |         |                            |           |      |     |            |     |     | Fruit/Veg./Juice    |
| 29      | Cheese-Its WG                      | 17      | 100  | 0   | 0          | 0          | 0   |         |                            |           |      |     |            |     |     | Grains              |
|         |                                    |         |      |     |            |            |     |         |                            |           |      |     |            |     |     | Meat/Meat Alternate |

### **REDWOOD**

# January 2024 menu

|       |                       |          |            |     |            |     | WEE | K 4      |                                  |           |            |     |     |     |     | •                         |
|-------|-----------------------|----------|------------|-----|------------|-----|-----|----------|----------------------------------|-----------|------------|-----|-----|-----|-----|---------------------------|
|       | Monday, January       | 20, 20   | 25         |     |            |     |     |          | Tuesday, Janua                   | ary 21, 2 | 025        |     |     |     |     | •                         |
| Item# | Menu Items            | Carb     | Cal        | Pro | Fat        | Fib | Sod | Item#    | Menu Items                       | Carb      |            | Pro | Fat | Fib | Sod |                           |
|       | Breakfast             |          |            |     |            |     |     |          | Breakfast                        |           |            |     |     |     |     | •                         |
|       | Milk                  | 12       | 100        | 0   | 0          | 0   | 0   | 80       | Milk                             | 12        | 100        | 0   | 0   | 0   | 0   | Milk                      |
| 6     | Applesauce            | 15       | 60         | 0   | 0          | 0   | 0   | 89       | Pears                            | 12        | 80         | 0   | 0   | 0   | 0   | Fruit/Veg./Juic           |
| 166   | BagelWG               | 0        | 0          | 0   | 0          | 0   | 0   | 52       | English Muffin Marg/Butter/Jelly | 12        | 100        | 0   | 0   | 0   | 0   | Grains                    |
|       |                       |          |            |     |            |     |     |          |                                  |           |            |     |     |     |     | Grains                    |
|       | Lunch                 | 40       | 100        |     |            |     |     |          | Lunch                            | 10        | 100        |     |     |     | _   |                           |
|       | Milk<br>Fish          | 12<br>17 | 100<br>150 | 0   | 0          | 0   | 0   | 80<br>64 | Milk<br>Ham & Bean Soup          | 12<br>18  | 100<br>230 | 0   | 0   | 0   | 0   | Milk<br>Meat/Meat Alte    |
| 55    | French Fries/Catsup   | 22       | 110        | 0   | 0          | 0   | 0   | 70       | Home Fries                       | 25        | 150        | 0   | 0   | 0   | 0   | Fruit/Veg.                |
| 88    | Peaches               | 12       | 60         | 0   | 0          | 0   | 0   | 81       | Mixed Fruit                      | 15        | 100        | 0   | 0   | 0   | 0   | Fruit/Veg.                |
|       | Wheat Bun WG          | 0        | 0          | 0   | 0          | 0   | 0   | 43       | Corn Bread                       | 12        | 120        | 0   | 0   | 0   | 0   | Grains                    |
|       | Triloat Ball Tra      | Ŭ        | Ť          |     | Ť          | Ů   |     |          | John Broad                       | 1         | 120        | Ů   | _   | Ū   | J   | Grains                    |
|       | Snack                 |          |            |     |            |     |     |          | Snack                            |           |            |     |     |     |     |                           |
|       |                       |          |            |     |            |     |     | 80       | Milk                             | 12        | 100        | 0   | 0   | 0   | 0   | Milk                      |
| 59    | Grape Juice           | 16       | 20         | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Fruit/Veg./Juice          |
|       |                       |          |            |     |            |     |     | 102      | Pretzels (Soft) WG               | 30        | 100        | 0   | 0   | 0   | 0   | Grains                    |
| 130   | Cheese String         | 0        | 0          | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Meat/Meat Alte            |
|       | Wednesday, Janua      | _        |            |     |            |     |     |          | Thursday, Janu                   | ary 23, 2 | 2025       |     |     |     |     |                           |
| Item# | Menu Items            | Carb     | Cal        | Pro | <u>Fat</u> | Fib | Sod | Item#    | Menu Items                       |           |            |     |     |     |     | Ī                         |
|       | Breakfast             |          |            |     |            |     |     |          | Breakfast                        |           |            |     |     |     | _   |                           |
|       | Milk                  | 12       | 100        | 0   | 0          | 0   | 0   | 80       | Milk                             | 12        | 100        | 0   | 0   | 0   | 0   | Milk                      |
|       | Peaches               | 12       | 60         | 0   | 0          | 0   | 0   | 84       | Juice                            | 15        | 60         | 0   | 0   | 0   | 0   | Fruit/Veg./Juic           |
| 16    | Muffin WG             | 30       | 130        | 0   | 0          | 0   | 0   | 21       | Cereal WG                        | 15        | 100        | 0   | 0   | 0   | 0   | Grains<br>Grains          |
|       | Lunch                 | 1        |            |     |            |     |     |          | Lunch                            |           |            |     |     |     |     | Grains                    |
| 80    | Milk                  | 12       | 100        | 0   | 0          | 0   | 0   | 80       | Milk                             | 12        | 100        | 0   | 0   | 0   | 0   | Milk                      |
|       | Chicken Tenders       | 25       | 240        | 0   | 0          | 0   | 0   | 152      | Meat Loaf                        | 0         | 0          | 0   | 0   | 0   | 0   | Meat/Meat Alte            |
|       | Green Beans           | 10       | 80         | 0   | 0          | 0   | 0   | 23       | Carrots                          | 10        | 80         | 0   | 0   | 0   | 0   | Fruit/Veg.                |
|       | Pears                 | 12       | 80         | 0   | 0          | 0   | 0   | 79       | Mashed Potato                    | 34        | 160        | 0   | 0   | 0   | 0   | Fruit/Veg.                |
| 76    | Mac & Cheese          | 17       | 115        | 0   | 0          | 0   | 0   | 106      | Roll                             | 15        | 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                      |
|       |                       |          |            |     |            |     |     | 5        | Apple Slices                     | 8         | 30         | 0   | 0   | 0   | 0   | Fruit/Veg./Juice          |
|       |                       |          |            |     |            |     |     |          |                                  |           |            |     |     |     |     | Grains                    |
| 123   | Yogurt                | 12       | 80         | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Meat/Meat Alte            |
|       | Friday, January       | 24, 202  | 25         |     |            |     |     |          |                                  |           |            |     |     |     |     |                           |
| Item# | Menu Items            |          |            |     |            |     |     |          |                                  |           |            |     |     |     |     |                           |
| 80    | Breakfast<br>Milk     | 10       | 100        | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Milk                      |
|       | Milk<br>Banana        | 12<br>15 | 40         | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Milk<br>Fruit/Veg./Juice  |
|       | Pancakes              | 35       | 210        | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Grains                    |
| 141   | i ancanco             | 33       | 210        | U   | U          | U   | U   |          |                                  |           |            |     |     |     |     | Grains                    |
|       | Lunch                 |          |            |     |            |     |     |          |                                  |           |            |     |     |     |     | Jiano                     |
| 80    | Milk                  | 12       | 100        | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Milk                      |
| 210   | Tuna Noodle Casserole | 0        | 0          | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Meat/Meat Alte            |
| 90    | Peas                  | 15       | 80         | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Fruit/Veg.                |
| 77    | Mandarin Oranges      | 12       | 60         | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Fruit/Veg.                |
| 106   | Roll                  | 15       | 100        | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Grains                    |
|       |                       |          |            |     |            |     |     |          |                                  |           |            |     |     |     |     | Grains                    |
|       | Snack                 |          |            |     |            |     |     |          |                                  |           |            |     |     |     |     |                           |
|       | Milk                  | 12       | 100        | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Milk                      |
| 80    |                       |          |            |     |            |     |     |          |                                  |           |            |     |     |     |     |                           |
|       | Graham Crackers WG    | 0        | 0          | 0   | 0          | 0   | 0   |          |                                  |           |            |     |     |     |     | Fruit/Veg./Juic<br>Grains |

## **REDWOOD**

# January 2024 menu

|          |     |            |            |            |               |             |                            | K 5   | WEE |            |            |            |                 |             |                    |          |
|----------|-----|------------|------------|------------|---------------|-------------|----------------------------|-------|-----|------------|------------|------------|-----------------|-------------|--------------------|----------|
|          |     |            |            |            |               | _           | Tuesday, Januar            |       |     |            |            |            | _               | _           | Monday, January    |          |
| <u>d</u> | Sod | <u>Fib</u> | <u>Fat</u> | <u>Pro</u> | <u>Cal</u>    | <u>Carb</u> | Menu Items                 | Item# | Sod | <u>Fib</u> | <u>Fat</u> | <u>Pro</u> | <u>Cal</u>      | <u>Carb</u> |                    | Item#    |
|          | _   | _          |            |            |               |             | Breakfast                  |       |     | _          |            |            |                 |             | Breakfast          |          |
|          | 0   | 0          | 0          | 0          | 100           | 12          | Milk                       | 80    | 0   | 0          | 0          | 0          | 100             | 12          |                    | 80       |
|          | 0   | 0          | 0          | 0          | 60            | 12          | Mandarin Oranges           | 77    | 0   | 0          | 0          | 0          | 60              | 12          | I'll a san a san   | 4        |
|          | 0   | 0          | 0          | 0          | 130           | 12          | Biscuits WG                | 14    | 0   | 0          | 0          | 0          | 100             | 15          | Cereal WG          | 21       |
| Grains   |     |            |            |            |               |             |                            |       |     |            |            |            | igwdot          |             |                    |          |
| <b>—</b> |     |            |            |            | 122           |             | Lunch                      |       |     |            |            |            |                 |             | Lunch              |          |
|          | 0   | 0          | 0          | 0          | 100           | 12          | Milk                       | 80    | 0   | 0          | 0          | 0          | 100             | 12          |                    | 80       |
|          | 0   | 0          | 0          | 0          | 250           | 40          | Big Boy Casserole          | 13    | 0   | 0          | 0          | 0          | 0               | 0           | 39-                | 154      |
|          | 0   | 0          | 0          | 0          | 110           | 22          | French Fries/Catsup        | 55    | 0   | 0          | 0          | 0          | 200             | 25          |                    | 67       |
|          | 0   | 0          | 0          | 0          | 60            | 15<br>20    | Pineapple                  | 93    | 0   | 0          | 0          | 0          | 100             | 15          |                    | 81<br>14 |
| _        | U   | U          | U          | U          | 100           | 20          | Crackers                   | 45    | 0   | 0          | 0          | 0          | 130<br>210      | 12          |                    | 15       |
| Grains   |     |            |            |            |               |             | Snack                      |       | 0   | 0          | U          | 0          | 210             | 19          |                    | 15       |
| NA:II.   | 0   | 0          | 0          | 0          | 100           | 12          | Milk                       | 80    | 0   | 0          | 0          | 0          | 100             | 12          | Snack Milk         | 80       |
|          | U   | U          | U          | U          | 100           | 12          | IVIIK                      | 60    | U   | U          | U          |            | 100             | 12          | ) IVIIIK           | 80       |
| Fruit/V  | 0   | 0          | 0          | 0          | 0             | 0           | Vanilla Wafay              | 206   |     |            |            |            | $\vdash$        |             |                    |          |
|          | 0   | 0          | 0          | 0          |               | - 0         | Vanilla Wafer              | 206   | 0   | 0          | 0          | 0          | 0               | 0           | 0 Cheese String    | 130      |
| Meat/M   |     |            |            |            | 2005          | 00 . 6      | Thumsday Issues            |       | U   | U          | U          |            |                 |             |                    | 130      |
| 4        |     |            |            |            | 025           | y 30, 2     | Thursday, Janua            |       |     |            |            |            |                 |             | Wednesday, Januar  |          |
| _        |     |            |            |            | $\overline{}$ |             |                            | Item# | Sod | <u>Fib</u> | <u>Fat</u> | <u>Pro</u> | Cal             | <u>Carb</u> |                    | Item#    |
|          | _   |            | _          | _          | 100           |             | Breakfast                  |       | _   | _          | _          |            | 100             | 10          | Breakfast          |          |
|          | 0   | 0          | 0          | 0          | 100           | 12          | Milk                       | 80    | 0   | 0          | 0          | 0          | 100             | 12          |                    | 80       |
|          | 0   | 0          | 0          | 0          | 40            | 15          | Banana                     |       | 0   | 0          | 0          | 0          | 50              | 15          |                    | 46       |
|          | 0   | 0          | 0          | 0          | 130           | 30          | Muffin WG                  | 16    | 0   | 0          | 0          | 0          | 110             | 24          | Cream of Wheat     | 49       |
| Grains   |     |            |            |            |               |             |                            |       |     |            |            |            | $\vdash \vdash$ |             |                    |          |
|          | _   |            | _          | _          | 100           |             | Lunch                      | 00    |     | _          | _          |            | 100             | 10          | Lunch              |          |
|          | 0   | 0          | 0          | 0          | 100           | 12          | Milk                       | 80    | 0   | 0          | 0          | 0          | 100             | 12          |                    | 80       |
|          | 0   | 0          | 0          | 0          | 210           | 32          | Chili w/Beans              | 38    | 0   | 0          | 0          | 0          | 0               | 0           |                    | 162      |
|          | 0   | 0          | 0          | 0          | 25            | 5           | Toss Salad (A) Carrots (C) | 113   | 0   | 0          | 0          | 0          | 150             | 22          |                    | 66       |
| _        | 0   | 0          | 0          | 0          | 80            | 12          | Pears                      | 89    | 0   | 0          | 0          | 0          | 100             | 15          |                    | 81       |
|          | 0   | 0          | 0          | 0          | 100           | 20          | Crackers                   | 45    | 0   | 0          | 0          | 0          | 0               | 0           | 6 Waffles WG       | 146      |
| Grains   |     |            |            |            |               |             |                            |       |     |            |            |            | $\vdash \vdash$ |             |                    |          |
|          | _   |            | _          | _          | 100           |             | Snack                      |       |     |            |            |            | $\vdash \vdash$ |             | Snack              |          |
|          | 0   | 0          | 0          | 0          | 100           | 12          | Milk                       | 80    | _   | _          | _          |            | $\vdash$        | 15          | 1                  |          |
|          | 0   | 0          | 0          | 0          | 60            | 12          | Mandarin Oranges           | 77    | 0   | 0          | 0          | 0          | 60              | 15          |                    | 84       |
| Grains   |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 100             | 30          | Pretzels (Soft) WG | 102      |
| Meat/M   |     |            |            |            |               |             |                            |       |     |            |            |            |                 | 24 222      |                    |          |
|          |     |            |            |            |               |             |                            |       |     |            |            |            |                 | 31, 202     | Friday, January 3  |          |
|          |     |            |            |            |               |             |                            |       |     |            |            |            | oxdot           | oxdot       | Menu Items         |          |
|          |     |            |            |            |               |             |                            |       |     |            |            | ليسا       |                 |             | Breakfast          |          |
| Milk     |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 100             | 12          | Milk               | 80       |
| Fruit/V  |     |            |            |            |               |             |                            |       |     |            |            |            |                 |             |                    |          |
| Grains   |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 0               | 0           | BagelWG            | 166      |
| Grains   |     |            |            |            |               |             |                            |       |     |            |            |            |                 |             |                    |          |
| A 400    |     |            |            |            |               |             |                            |       |     |            |            |            | 100             | 10          | Lunch              | 00       |
| Milk     |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 100             | 12          |                    | 80       |
| Meat/M   |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 0               | 0           |                    | 181      |
| Fruit/V  |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 0               | 0           |                    | 174      |
| Fruit/V  |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 60              | 15          |                    | 6        |
| Grains   |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 100             | 12          | Garlic Bread       | 56       |
| Grains   |     |            |            |            |               |             |                            |       |     |            |            |            |                 |             |                    |          |
|          |     |            |            |            |               |             |                            |       |     |            |            |            | للبينا          |             | Snack              |          |
| Milk     |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 100             | 12          |                    | 80       |
| Fruit/V  |     |            |            |            |               |             |                            |       | 0   | 0          | 0          | 0          | 40              | 15          | Banana Banana      | 10       |
| Grains   |     |            |            |            |               |             |                            |       |     |            |            |            |                 |             |                    |          |
| Meat/M   |     |            |            |            |               |             |                            |       |     |            |            |            |                 |             |                    |          |