REDWOOD

FEBRUARY MENU2025

							WEE	K 1							
	Monday, Februar	y 3, 20	25						Tuesday, Feb	ruary 4, 2	025				
Item#	Menu Items	Carb	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
88	Peaches	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
123	Yogurt	12	80	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
177	General Tso Chicken (A) Chicken Nug	0	0	0	0	0	0	148	Ham sandwich	0	0	0	0	0	0
178	Stir fry Vegetable (A)Green Beans(C)	0	0	0	0	0	0	171	Broccoli Soup	0	0	0	0	0	0
93 179	Pineapple	15 0	60 0	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
179	Rice	U	U	0	U	0	U	121	Bread WG	12	80	0	0	0	0
	Snack							121	Snack	12	80	U	U	U	U
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
30	IVIIIX	12	100	U		0	U	30	TVIIIX	14	100	-	0	0	J
105	Cereal	0	0	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
	Wednesday, Febru	ary 5, 2	2025	•					Thursday, Feb	ruary 6, 2	2025				•
tem#	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
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	0	0	0	0
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	146	Waffles WG	0	0	0	0	0	0
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
33	Chicken Patty WG	25	240	0	0	0	0	11	BBQ (A) P	0	0	0	0	0	0
186	Tater tots	0	0	0	0	0	0	41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0
88	Peaches	12	60	0	0	0	0	10 12	Banana Wheat Bun WG	15 0	40 0	0	0	0	0
								99	Potato Chips (A)	25	165	0	0	0	0
	Snack							99	chicken patty	23	165	U	U	U	U
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
- 00	Will		100	Ů				- 00	TVIIIX	- '-	100	Ť			Ů
57	Goldfish Crackers WG	20	100	0	0	0	0	29	Cheese-Its WG	17	100	0	0	0	0
	Friday, February	7, 202	5							•					
tem#	Menu Items														
	Breakfast							I							
80	Milk	12	100	0	0	0	0								
93	Pineapple	15	60	0	0	0	0	l							
14	Biscuits WG	12	130	0	0	0	0								
	Lunch		121					l							
80	Milk	12	100	0	0	0	0	l							
27	Cheese Pizza	17	230	0	0	0	0								
113	Toss Salad (A) Carrots (C)	5	25	0	0	0	0	ł							
5	Apple Slices	8	30	0	0	0	0	ł							
								l							
	Snack							l							
	Glack							l							
								ı							
145	Juice	0	0	0	0	0	0								
145 30	Juice Chex Mix	0 12	0 80	0	0	0	0								

REDWOOD

FEBRUARY MENU2025

								1 2	WEE							
					025	y 11, 2	Tuesday, Februa						25	10, 20	Monday, February	
	Sod	Fib	Fat	Pro	Cal	Carb	Menu Items	Item#	Sod	Fib	Fat	Pro	Cal	Carb	Menu Items	Item#
							Breakfast								Breakfast	
Milk	0	0	0	0	100	12	Milk	80	0	0	0	0	100	12	Milk	80
Fruit/Veg./J	0	0	0	0	60	12	Mandarin Oranges	77	0	0	0	0	40	15	Banana	10
Grains	0	0	0	0	130	30	Muffin WG	16	0	0	0	0	100	15	Cereal WG	21
Grains		-														
G. G. III							Lunch								Lunch	
Milk	0	0	0	0	100	12	Milk	80	0	0	0	0	100	12	Milk	80
Meat/Meat	0	0	0	0	100	25	Chicken Salad	36	0	0	0	0	0		Cheese Coney (A) Hamburger w/Chees	182
Fruit/Veg.	0	0	0	0	150	30	Cream of Potato Soup	48	0	0	0	0	110	22	French Fries/Catsup	55
Fruit/Veg.	0	0	0	0	60	12	Peaches	88	0	0	0	0	60	12	Mandarin Oranges	77
Grains	0	0	0	0	0	0	Croissant	193	0	0	0	0	0	0	Wheat Bun WG	12
Grains	U	U	U	U	U	0	Cioissaiit	193	U	U	U	0	- 0		Wheat bull WG	12
Grains							Snack								Snack	
A 4:00 -							Snack		0	_	_		100	12	Milk	80
Milk	_	^	_		_	_		4.45	U	0	0	0	100	12	MIIK	80
Fruit/Veg./	0	0	0	0	0	0	Juice	145	•	_	_				0 1 0 1 110	100
Grains	_	^	_		00	40		400	0	0	0	0	0	0	Graham Crackers WG	136
Meat/Meat	0	0	0	0	80	12	Yogurt	123								
					2025	ry 13, 2	Thursday, Februa								Wednesday, Februa	
							Menu Items	Item#	Sod	<u>Fib</u>	<u>Fat</u>	Pro	<u>Cal</u>	Carb	Menu Items	Item#
							Breakfast								Breakfast	
Milk	0	0	0	0	100	12	Milk	80	0	0	0	0	100	12	Milk	80
Fruit/Veg./	0	0	0	0	80	12	Pears	89	0	0	0	0	100	15	Mixed Fruit	81
Grains	0	0	0	0	210	35	Pancakes	141	0	0	0	0	0	0	Cinnamon Roll	165
Grains																
							Lunch								Lunch	
Milk	0	0	0	0	100	12	53	80	0	0	0	0	100	12	Milk	80
Meat/Meat	0	0	0	0	0	0	Turkey Wrap	195	0	0	0	0	250	35	Enchilada Casserole	197
Fruit/Veg.	0	0	0	0	45	5	Lettuce (A) smile faces(C)	72	0	0	0	0	80	7.9	Corn (A) Peas (C)	42
Fruit/Veg.	0	0	0	0	60	15	Pineapple	93	0	0	0	0	120	17	Cinnamon Apples	39
Grains	0	0	0	0	0	0	Chicken Fajita Soup (A)	208	0	0	0	0	65	22	Lettuce/Tomato/Sour cream (A)	74
Grains	0	0	0	0	0	0	Flour Tortilla	143	0	0	0	0	0	0	Corn Tortilla	198
		-					Snack								Snack	
Milk	0	0	0	0	100	12	Milk	80	0	0	0	0	100	12	Milk	80
Fruit/Veg./c		Ů	Ů					- 00		Ť	Ů	Ť				
Grains	0	0	0	0	100	20	Goldfish Crackers WG	57	0	0	0	0	120	17	Vanilla Wafers	117
Meat/Meat	0	Ů	Ů	Ů	100		Goldholf Gradicio 11 a	07	_	Ů	Ů	Ů	120	- '	Varina VVaicio	,
Wicarivicat													25	14 203	Friday, February	
												$\overline{}$		14, 202	Menu Items	ltom#
															Breakfast	Item#
Milk									0	0	0	0	100	12	Milk	80
									0	0	0	0	60	15		6
Fruit/Veg./									0		0		0	0	Applesauce	
Grains									U	0	U	0	U	U	BagelWG	166
Grains															Lunch	
NATIO.									_		_		100	40	Lunch	00
Milk									0	0	0	0	100	12	Milk	
Meat/Meat									0	0	0	0	100	30	Pulled Beef Sandwich	103
Fruit/Veg.									0	0	0	0	160	34	Mashed Potato	79
Fruit/Veg.									0	0	0	0	60	12	Peaches	88
Grains									0	0	0	0	0	0	Wheat Bun WG	12
Grains																
															Snack	
Milk									0	0	0	0	100	12	Milk	80
Fruit/Veg./c									0	0	0	0	60	12	Mandarin Oranges	77
Grains																
								1				-				

REDWOOD

FEBRUARY MENU2025

							WEE	K 3								
	Monday, Februa	ary 17, 20	25						Tuesday, Febru	ary 18, 2	2025					
Item#	Menu Items		Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb		Pro	<u>Fat</u>	<u>Fib</u>	Sod	
	Breakfast								Breakfast							
								80	Milk	12	100	0	0	0	0	Milk
								6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	49	Cream of Wheat	24	110	0	0	0	0	Grains
			<u> </u>		<u> </u>											Grains
	Lunch							80	Lunch	10	100	0		0		N.4:11 -
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	53	Milk Fish	12 17	150	0	0	0	0	Milk Meat/Meat Alterna
144	HOLIDAT SCHOOL CLOSED	U	U	-	U	U	U	55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.
								81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
								12	Wheat Bun WG	0	0	0	0	0	0	Grains
									Wilder Bull We	Ť		_ <u> </u>			Ü	Grains
	Snack								Snack							Granio
								80	Milk	12	100	0	0	0	0	Milk
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0									Fruit/Veg./Juice
								102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
																Meat/Meat Alterna
	Wednesday, Febr	uary 19,	2025						Thursday, Febr	uary 20,	2025					
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items							
	Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg./Juice
14	Biscuits WG	12	130	0	0	0	0	16	Muffin WG	30	130	0	0	0	0	Grains
	Lunch	_							Lunch							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
134	Chuck Roast	0	0	0	0	0	0	35	Chicken Rice Casserole	25	235	0	0	0	0	Meat/Meat Alterna
79	Mashed Potato	34	160	0	0	0	0	18	Broccoli	10	80	0	0	0	0	Fruit/Veg.
23	Carrots	10	80	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg.
106	Roll	15	100	0	0	0	0	179	Rice	0	0	0	0	0	0	Grains
								106	Roll	15	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./Juice
136	Graham Crackers WG	0	0	0	0	0	0								_	Grains
								123	Yogurt	12	80	0	0	0	0	Meat/Meat Alterna
la - "	Friday, Februa	ry 21, 202	25					l								
ltem#	Menu Items Breakfast															
80	Milk	12	100	0	0	0	0									Milk
10	Banana	15	40	0	0	0	0									Fruit/Veg./Juice
165	Cinnamon Roll	0	0	0	0	0	0									Grains
100	Chinamon Hon	Ť	⊢ Č		Ľ	Ť	L Č									Grains
	Lunch															2 20
80	Milk	12	100	0	0	0	0									Milk
124	Tuna Salad	0	0	0	0	0	0									Meat/Meat Alterna
101	Potato Wedges	25	100	0	0	0	0									Fruit/Veg.
88	Peaches	12	60	0	0	0	0									Fruit/Veg.
193	Croissant	0	0	0	0	0	0									Grains
																Grains
	Snack															
80	Milk	12	100	0	0	0	0									Milk
61	O-m-slawo	1.5	400	_	_	_	_									Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0									Grains
1																Meat/Meat Alterna

REDWOOD

FEBRUARY MENU2025

										K 4	WEE							
									Tuesday, Februa								Monday, February	
<u>Sod</u>	Sod	Fib_	Fil	<u>Fat</u>	<u>Pro</u>	<u>Cal</u>	<u>rb</u>	!		Item#	Sod	<u>Fib</u>	<u>Fat</u>	<u>Pro</u>	Cal	Carb	Menu Items	ltem#
									Breakfast								Breakfast	
0 Mil		0	_	0	0	100	2		Milk	80	0	0	0	0	100	12	Milk	80
0 Fru		0		0	0	80	2		Pears	89	0	0	0	0	50	15	Cranraisins	46
0 Gra	0	0	0	0	0	100	2		English Muffin Marg/Butter/Jelly	52	0	0	0	0	210	29	Oatmeal	83
Gra																		
									Lunch								Lunch	
0 Mil	0	0	0	0	0	100	2		Milk	80	0	0	0	0	100	12	Milk	80
0 Me	0	0	0	0	0	210	2		Chili w/Beans	38	0	0	0	0	60	15	Turkey Sausage	116
0 Fru	0	0	0	0	0	25	,		Toss Salad (A) Carrots (C)	113	0	0	0	0	150	22	Hashbrown	66
0 Fru	0	0	0	0	0	60	5		Pineapple	93	0	0	0	0	60	15	Pineapple	93
0 Gra	0	0	0	0	0	100	0		Crackers	45	0	0	0	0	180	12	Fr. Toast/Syrup-Wheat(A)	54
Gra																		
									Snack								Snack	
0 Mil	0	0	0	0	0	100	2		Milk	80	0	0	0	0	60	15	0	84
Fru																		
0 Gra	0	0	0	0	0	100	7		Cheese-Its WG	29								
Me											0	0	0	0	80	12	Yogurt	123
			1			125	7. 20	ebruar	Thursday, Februa		Ţ			Ť			Wednesday, Februa	
			П				· , - \	1		Item#	Sod	Fib	Fat	Pro	Cal	Carb	Menu Items	Item#
								_	Breakfast	ILCIII#	<u>300</u>	1110	<u>ı aı</u>	F10	Cai	Carb	Breakfast	ILCIII#
0 Mil	0	0	0	0	0	100	2	-	Milk	80	0	0	0	0	100	12	Milk	80
0 Fru		0		0	0	60	5	-+	0	84	0	0	0	0	60	12	Peaches	88
0 Gra		0		0	0	100	5		Cereal WG	21	0	0	0	0	130	30	Muffin WG	16
Gra	U	U	U	- 0	U	100	5	\rightarrow	Cerear WG	21	U	U	U	- 0	130	30	Mullill WG	10
Gra							-	\rightarrow	Lunch								Lunah	
0 Mil	0	0	0	0	0	100	2		Milk	80	0	0	0	0	100	12	Lunch Milk	80
	_				_		_					0	_		240			
0 Me		0		0	0	0		(0)	Cheeseburger	140	0	0	0	0		25	Chicken Tenders	37
0 Fru		0		0	0	150	5	(C)	Potato Salad(A) Mashed Potatos (C)	100	0	0	0	0	80	10	Green Beans	61
0 Fru		0		0	0	60	2		Mandarin Oranges	77	0	0	0	0	100	15	Mixed Fruit	81
0 Gra	0	0	0	0	0	0	Ī	\rightarrow	Wheat Bun WG	12	0	0	0	0	115	17	Mac & Cheese	76
Gra						-	_	\rightarrow										
	_			_	•	100		\rightarrow	Snack		_	•	_	_	100	10	Snack	
0 Mil		0		0	0	100	2		Milk	80	0	0	0	0	100	12	Milk	80
0 Fru	0	0	0	0	0	30		\longrightarrow	Apple Slices	5								
Gra								-										
Me											0	0	0	0	80	12	Yogurt	123
															5	28, 202	Friday, February	
																	Menu Items	ltem#
																	Breakfast	
Mil											0	0	0	0	100	12	Milk	80
Fru											0	0	0	0	40	15	Banana	10
Gra											0	0	0	0	210	35	Pancakes	141
Gra																		
																	Lunch	
Mil											0	0	0	0	100	12	Milk	80
Me											0	0	0	0	100	25	Chicken Salad	36
Fru											0	0	0	0	0	0	Mexican Street Corn Soup (A) Carrots (205
Fru											0	0	0	0	100	15	Mixed Fruit	81
Gra											0	0	0	0	100	12	Pretzel Bun	122
Gra																		
																	Snack	
Mil											0	0	0	0	100	12	Milk	80
Fru																		
											0	0	0	0	0	0	Graham Crackers WG	136
Gra											,	,	,					

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

FEBRUARY MENU2025

							WEE	K 5							
	Monday, Ma	rch 3, 2025	5						Tuesday, Ma	rch 4, 20	25				
ltem#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb		Pro	<u>Fat</u>	Fib	Sod
	Breakfast								Breakfast						
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
D	See Next Month's Menu	U	U	U	U	U	U	D	See Next Worlth's Meriu	U	U	U	U	U	U
	Lunch								Lunch						
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
	Snack								Snack						
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
									-						
#	Wednesday, M		Cal	Pro	Fat	Fib	Sod	lka ma#	Thursday, Ma	arch 6, 20	125			1	1
em#	Menu Items Breakfast	Carb	Cal	Pro	rat	FID	500	Item#	Menu Items Breakfast						
	Diouniust								Dicarract						
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
	Lunch								Lunch						
								b	See Next Month's Menu	0	0	0	0	0	0
0	See Next Month's Menu	0	0	0	0	0	0		Coo real monare mona						
	Snack								Snack						
								bb							
b	See Next Month's Menu	0	0	0	0	0	0	DD							
	Coc reactivionary went	Ů			Ů		Ů								
													•		
	Menu Items														
	Breakfast														
L.	Co. No. of Monthly Marris		_		_	_									
b	See Next Month's Menu	0	0	0	0	0	0								
	Lunch														
b	See Next Month's Menu	0	0	0	0	0	0								
	Snack														
b	See Next Month's Menu	0	0	0	0	0	0								
b		0	0	0	0	0	0								