

# REDWOOD

# FEBRUARY MENU2025

WEEK 1																
Monday, February 3, 2025								Tuesday, February 4, 2025								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<b>Breakfast</b>								
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	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
177	General Tso Chicken (A ) Chicken Nugg	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	Pineapple	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
179	Rice	0	0	0	0	0	0									
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
105	Cereal	0	0	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0	
<b>Wednesday, February 5, 2025</b>								<b>Thursday, February 6, 2025</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<b>Breakfast</b>								
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	
<b>Lunch</b>								<b>Lunch</b>								
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	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	Banana	15	40	0	0	0	0	
								12	Wheat Bun WG	0	0	0	0	0	0	
								99	Potato Chips (A )	25	165	0	0	0	0	
<b>Snack</b>								<b>chicken patty</b>								
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	29	Cheese-Its WG	17	100	0	0	0	0	
<b>Friday, February 7, 2025</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
93	Pineapple	15	60	0	0	0	0									
14	Biscuits WG	12	130	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
27	Cheese Pizza	17	230	0	0	0	0									
113	Toss Salad (A) Carrots (C )	5	25	0	0	0	0									
5	Apple Slices	8	30	0	0	0	0									
<b>Snack</b>																
145	Juice	0	0	0	0	0	0									
30	Chex Mix	12	80	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  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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# FEBRUARY MENU2025

WEEK 2															
Monday, February 10, 2025							Tuesday, February 11, 2025								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
10	Banana	15	40	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	16	Muffin WG	30	130	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
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	36	Chicken Salad	25	100	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	48	Cream of Potato Soup	30	150	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
12	Wheat Bun WG	0	0	0	0	0	0	193	Croissant	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
80	Milk	12	100	0	0	0	0								
136	Graham Crackers WG	0	0	0	0	0	0	145	Juice	0	0	0	0	0	0
								123	Yogurt	12	80	0	0	0	0
<b>Wednesday, February 12, 2025</b>							<b>Thursday, February 13, 2025</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
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	89	Pears	12	80	0	0	0	0
165	Cinnamon Roll	0	0	0	0	0	0	141	Pancakes	35	210	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	53	12	100	0	0	0	0
197	Enchilada Casserole	35	250	0	0	0	0	195	Turkey Wrap	0	0	0	0	0	0
42	Corn (A) Peas (C )	7.9	80	0	0	0	0	72	Lettuce (A) smile faces(C )	5	45	0	0	0	0
39	Cinnamon Apples	17	120	0	0	0	0	93	Pineapple	15	60	0	0	0	0
74	Lettuce/Tomato/Sour cream (A )	22	65	0	0	0	0	208	Chicken Fajita Soup (A )	0	0	0	0	0	0
198	Corn Tortilla	0	0	0	0	0	0	143	Flour Tortilla	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
117	Vanilla Wafers	17	120	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0
<b>Friday, February 14, 2025</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
166	BagelWG	0	0	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
103	Pulled Beef Sandwich	30	100	0	0	0	0								
79	Mashed Potato	34	160	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
12	Wheat Bun WG	0	0	0	0	0	0								
<b>Snack</b>															
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  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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# FEBRUARY MENU2025

WEEK 3																	
Monday, February 17, 2025								Tuesday, February 18, 2025									
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod		
<b>Breakfast</b>								<b>Breakfast</b>									
								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	
																Grains	
<b>Lunch</b>								<b>Lunch</b>									
								80	Milk	12	100	0	0	0	0	Milk	
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	53	Fish	17	150	0	0	0	0	Meat/Meat Alternate	
								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	
																Grains	
<b>Snack</b>								<b>Snack</b>									
								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 Alternate	
<b>Wednesday, February 19, 2025</b>								<b>Thursday, February 20, 2025</b>									
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod		
<b>Breakfast</b>								<b>Breakfast</b>									
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	
																Grains	
<b>Lunch</b>								<b>Lunch</b>									
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 Alternate	
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	
<b>Snack</b>								<b>Snack</b>									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
136	Graham Crackers WG	0	0	0	0	0	0									Fruit/Veg./Juice	
								123	Yogurt	12	80	0	0	0	0	Grains	
																Meat/Meat Alternate	
<b>Friday, February 21, 2025</b>																	
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod										
<b>Breakfast</b>																	
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	
																Grains	
<b>Lunch</b>																	
80	Milk	12	100	0	0	0	0									Milk	
124	Tuna Salad	0	0	0	0	0	0									Meat/Meat Alternate	
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	
<b>Snack</b>																	
80	Milk	12	100	0	0	0	0									Milk	
																	Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0									Grains	
																Meat/Meat Alternate	

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WEEK 4															
Monday, February 24, 2025							Tuesday, February 25, 2025								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
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
83	Oatmeal	29	210	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
116	Turkey Sausage	15	60	0	0	0	0	38	Chili w/Beans	32	210	0	0	0	0
66	Hashbrown	22	150	0	0	0	0	113	Toss Salad (A) Carrots (C )	5	25	0	0	0	0
93	Pineapple	15	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0	45	Crackers	20	100	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
84	0	15	60	0	0	0	0	80	Milk	12	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	29	Cheese-Its WG	17	100	0	0	0	0
<b>Wednesday, February 26, 2025</b>							<b>Thursday, February 27, 2025</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
88	Peaches	12	60	0	0	0	0	84	0	15	60	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	21	Cereal WG	15	100	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
37	Chicken Tenders	25	240	0	0	0	0	140	Cheeseburger	0	0	0	0	0	0
61	Green Beans	10	80	0	0	0	0	100	Potato Salad(A) Mashed Potatos (C )	25	150	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
76	Mac & Cheese	17	115	0	0	0	0	12	Wheat Bun WG	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	5	Apple Slices	8	30	0	0	0	0
<b>Friday, February 28, 2025</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								
141	Pancakes	35	210	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
36	Chicken Salad	25	100	0	0	0	0								
205	Mexican Street Corn Soup (A) Carrots (	0	0	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
122	Pretzel Bun	12	100	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
136	Graham Crackers WG	0	0	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  
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Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate  
Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
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Meat/Meat Alternate  
Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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# FEBRUARY MENU2025

WEEK 5															
Monday, March 3, 2025							Tuesday, March 4, 2025								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
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, March 5, 2025							Thursday, March 6, 2025								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
b	See Next Month's Menu	0	0	0	0	0	0	bb							
<b>Menu Items</b>							<b>Menu Items</b>								
<b>Breakfast</b>							<b>Breakfast</b>								
b	See Next Month's Menu	0	0	0	0	0	0								
<b>Lunch</b>							<b>Lunch</b>								
b	See Next Month's Menu	0	0	0	0	0	0								
<b>Snack</b>							<b>Snack</b>								
b	See Next Month's Menu	0	0	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

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