

REDWOOD

MENU

Month: January

Year: 2022

WEEK 1															
Monday, January 3, 2022							Tuesday, January 4, 2022								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast							Breakfast								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
88	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
16	Muffin wg	30	130	0	0	0	0	204	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
206	General Tso Chicken	0	0	0	0	0	0	104	Sloppy Joe	0	0	0	0	0	0
175	Stir Fry Vegetables	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
174	Fried Rice	0	0	0	0	0	0	12	Bun	0	0	0	0	0	0
Snack							Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
								136	Graham Crackers WG	0	0	0	0	0	0
130	Cheese String	0	0	0	0	0	0								
Wednesday, January 5, 2022							Thursday, January 6, 2022								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast							Breakfast								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0
21	CerealWG	15	100	0	0	0	0	54	Fr. ToasT WG	12	180	0	0	0	0
Lunch							Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
163	Beef/Bean Burrito	39	370	0	17	0	0	216	Bossco Bread Sticks	0	0	0	0	0	0
42	Corn (A) /Carrots(c)	15	80	0	0	0	0	154	Ceasar Salad (A) peas (C)	0	0	0	0	0	0
6	Applesauce	15	60	0	0	0	0	10	Banana	15	40	0	0	0	0
205	Chips & Queso (A)	0	0	0	0	0	0	216	Bossco Bread Sticks	0	0	0	0	0	0
Snack							Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
151	Soft Pretzel WG	15	125	0	0	0	0	21	CerealWG	15	100	0	0	0	0
Friday, January 7, 2022															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
155	Bagel WG	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
224	Quiche	0	0	0	0	0	0								
131	Spring Salad (A) Green Beans (C)	0	0	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
16	Muffin wg	30	130	0	0	0	0								
Snack															
59	Grape Juice	16	20	0	0	0	0								
57	Goldfish Crackers WG	20	100	0	0	0	0								

Milk
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MENU

Month: January

Year: 2022

WEEK 2

Monday, January 10, 2022								Tuesday, January 11, 2022							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
88	Peaches	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
141	Pancakes WG	35	210	0	0	0	0	16	Muffin wg	30	130	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
225	Chicken Quesadilla	0	0	0	0	0	0	208	Italian Sub (A) Ham Sandwich (c)	0	0	0	0	0	0
39	Cinnamon Apples	17	120	0	0	0	0	217	Onion Rings (A) Smiley Faces (C)	0	0	0	0	0	0
188	Refried Beans	0	0	0	0	0	0	88	Peaches	12	60	0	0	0	0
74	Lettuce/Tomato/Sour cream (A)	22	65	0	0	0	0	73	Lett/Tom/Pickles(A)	5	45	0	0	0	0
32	Chicken Fajitas Soup (A)	22	290	0	0	0	0	12	Bun	0	0	0	0	0	0
Snack								Snack							
179	Juice	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	202	Vanilla Wafer	0	0	0	0	0	0
Wednesday, January 12, 2022								Thursday, January 13, 2022							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
204	Cinnamon Roll	0	0	0	0	0	0	15	sausage Biscuit	19	210	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
103	Pulled Beef Sandwich	30	100	0	0	0	0	126	Grilled Cheese	0	0	0	0	0	0
79	Mashed Potato	34	160	0	0	0	0	125	Tomato Soup	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
12	Bun	0	0	0	0	0	0	121	Bread WG	12	80	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0
Friday, January 14, 2022															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
46	Cranraisins	15	50	0	0	0	0								
21	CerealWG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
222	Turkey/Bacon Club (A) turkey cheese s	0	0	0	0	0	0								
223	Smiley face (C)Chips (Staff)	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
136	Graham Crackers WG	0	0	0	0	0	0								

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MENU

Month: January

Year: 2022

WEEK 3

Monday, January 17, 2022								Tuesday, January 18, 2022							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
182	HOLIDAY/ NO SCHOOL	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								6	Applesauce	15	60	0	0	0	0
								83	Oatmeal	29	210	0	0	0	0
Lunch								Lunch							
182	HOLIDAY/ NO SCHOOL	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								212	Chicken & Waffles	0	0	0	0	0	0
								66	Hashbrowns	22	150	0	0	0	0
								93	Pineapple	15	60	0	0	0	0
Snack								Snack							
182	HOLIDAY/ NO SCHOOL	0	0	0	0	0	0	119	WafflesWG	15	80	0	0	0	0
								179	Juice	0	0	0	0	0	0
								151	Soft Pretzel WG	15	125	0	0	0	0
Wednesday, January 19, 2022								Thursday, January 20, 2022							
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	4	Apple Juice	12	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	21	CerealWG	15	100	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
11	BBQ w/bun	0	0	0	0	0	0	36	Chicken Salad Sandwich	25	100	0	0	0	0
41	Cole Slaw (A) peas (C)	12	110	0	0	0	0	101	Potato Wedges	15	145	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	10	Banana	15	40	0	0	0	0
12	Bun	0	0	0	0	0	0	157	Crossiant	0	0	0	0	0	0
99	Potato Chips (A)	25	165	0	0	0	0	Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
136	Graham Crackers WG	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0
Friday, January 21, 2022															
Breakfast															
80	Milk	12	100	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
177	Pancakes WG	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
207	Cracked Chicken Spaghetti	0	0	0	0	0	0								
18	Broccoli	10	80	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
56	Garlic Bread	12	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								

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Month: January

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WEEK 4

Monday, January 24, 2022								Tuesday, January 25, 2022							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
179	Juice	0	0	0	0	0	0	89	Pears	12	80	0	0	0	0
155	Bagel WG	0	0	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
196	Turkey&Cheese Wrap/turkey Sand C)	0	0	0	0	0	0	53	Fish	17	150	0	0	0	0
210	Broccoli (C) lettuce/tomato (A)	0	0	0	0	0	0	75	Lima Beans	15	100	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
Snack								Snack							
99	Potato Chips (A)	25	165	0	0	0	0	76	Mac & Cheese	17	115	0	0	0	0
150	Water	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
45	Crackers WG	20	100	0	0	0	0	151	Soft Pretzel WG	15	125	0	0	0	0
152	Cheese	0	0	0	0	0	0								
Wednesday, January 26, 2022								Thursday, January 27, 2022							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
4	Apple Juice	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
16	Muffin wg	30	130	0	0	0	0	204	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
38	Chiliw/cheese	32	210	0	0	0	0	194	Beef Tips over Noodles	0	0	0	0	0	0
112	Toss Salad (A)Carrots(C)	5	25	0	0	0	0	91	Peas and Carrots (C)	15	100	0	0	0	0
93	Pineapple	15	60	0	0	0	0	10	Banana	15	40	0	0	0	0
45	Crackers WG	20	100	0	0	0	0	14	Biscuits	12	130	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
29	Cheese-Its WG	17	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Friday, January 28, 2022															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
119	WafflesWG	15	80	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
190	Chicken Tender Salad/Chic nuggets(C)	0	0	0	0	0	0								
137	Salad/Dressing (A) Green Beans (C)	0	0	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
106	Roll	15	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
25	COLD Cereal WG	29	210	0	0	0	0								

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MENU

Month: January

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WEEK 5

Monday, January 31, 2022								Tuesday, February 1, 2022							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
141	Pancakes WG	35	210	0	0	0	0								
Lunch								Lunch							
80	Milk	12	100	0	0	0	0								
1	Chili and Cheese 3 Way	0	0	0	0	0	0								
137	Salad/Dressing (A) Green Beans (C)	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0								
45	Crackers WG	20	100	0	0	0	0								
2	3 Way Spaghetti	0	0	0	0	0	0								
Snack								Snack							
4	Apple Juice	12	60	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
130	Cheese String	0	0	0	0	0	0								
Wednesday, February 2, 2022								Thursday, February 3, 2022							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	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
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
Friday, February 4, 2022															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
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								

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