

# REDWOOD

# Sep-23

WEEK 1															
Monday, August 28, 2023							Tuesday, August 29, 2023								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
Wednesday, August 30, 2023							Thursday, August 31, 2023								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
Friday, September 1, 2023															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
4	Apple Juice	12	60	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
65	Ham Sandwich	10	100	0	0	0	0								
165	Corn Salad (A) peas & carrot (C)	0	0	0	0	0	0								
89	Pears	12	80	0	0	0	0								
121	Bread	12	80	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
130	Cheese String	0	0	0	0	0	0								

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# Sep-23

WEEK 2																
Monday, September 4, 2023								Tuesday, September 5, 2023								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<b>Breakfast</b>								
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
								81	Mixed Fruit	15	100	0	0	0	0	
								17	Muffin WG	15	100	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
								138	Chicken Patty	0	0	0	0	0	0	
								118	Vegetable Soup	22	180	0	0	0	0	
								93	Pineapple	15	60	0	0	0	0	
								122	WG Bun	12	100	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
								136	Graham Crackers	0	0	0	0	0	0	
<b>Wednesday, September 6, 2023</b>								<b>Thursday, September 7, 2023</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	
6	Applesauce	15	60	0	0	0	0	10	Banana	15	40	0	0	0	0	
54	Fr. Toast/Syrup-Wheat(A)	12	180	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	
35	Chicken Rice Casserole	25	235	0	0	0	0	167	Sausage,Egg and cheese Sandwich	0	0	0	0	0	0	
18	Broccoli	10	80	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
88	Peaches	12	60	0	0	0	0	168	Home fries	0	0	0	0	0	0	
106	Roll	15	100	0	0	0	0	14	Biscuits	12	130	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	59	Juice	16	20	0	0	0	0	
29	Cheese-Its	17	100	0	0	0	0	130	Cheese String	0	0	0	0	0	0	
<b>Friday, September 8, 2023</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
77	Mandarin Oranges	12	60	0	0	0	0									
120	Bagel	0	0	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
128	Chef Salad ( A ) / Turkey Sandwich ( C )	0	0	0	0	0	0									
88	Peaches	12	60	0	0	0	0									
156	Lettuce(A ) Green Beans ( C )	0	0	0	0	0	0									
47	Cream of Chicken & Wild Rice Soup (A)	30	150	0	0	0	0									
62	Green Beans (c)	10	80	0	0	0	0									
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									
10	Banana	15	40	0	0	0	0									

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# Sep-23

WEEK 3																
Monday, September 11, 2023								Tuesday, September 12, 2023								
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	
59	Juice	16	20	0	0	0	0	88	Peaches	12	60	0	0	0	0	
21	Cereal WG	15	100	0	0	0	0	96	Pancakes WG	35	225	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	
2	3 Way Spaghetti	0	0	0	0	0	0	36	Chicken Salad	25	100	0	0	0	0	
89	Pears	12	80	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0	
113	Toss Salad (A)	5	25	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
45	Crackers	20	100	0	0	0	0	157	Crossiant	0	0	0	0	0	0	
62	Green Beans (c)	10	80	0	0	0	0	43	peas & carrots	12	120	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0									
57	Goldfish Crackers	20	100	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	
								136	Graham Crackers	0	0	0	0	0	0	
<b>Wednesday, September 13, 2023</b>								<b>Thursday, September 14, 2023</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	6	Applesauce	15	60	0	0	0	0	
14	Biscuits	12	130	0	0	0	0	120	Bagel	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	
53	Fish	17	150	0	0	0	0	11	BBQ	0	0	0	0	0	0	
75	Lima Beans	15	100	0	0	0	0	41	Cole Slaw (A) Carrots (C )	12	110	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
76	Mac & Cheese	17	115	0	0	0	0	122	WG Bun	12	100	0	0	0	0	
80	Milk	12	100	0	0	0	0									
102	Pretzels WG	30	100	0	0	0	0	59	Juice	16	20	0	0	0	0	
								123	Yogurt	12	80	0	0	0	0	
<b>Friday, September 15, 2023</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
88	Peaches	12	60	0	0	0	0									
21	Cereal WG	15	100	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
158	Chicken Tender Salad (A) Chicken Nugg	0	0	0	0	0	0									
81	Mixed Fruit	15	100	0	0	0	0									
137	Salad/Dressing (A) Green Bean (C )	0	0	0	0	0	0									
45	Crackers	20	100	0	0	0	0									
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									
10	Banana	15	40	0	0	0	0									

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WEEK 4															
Monday, September 18, 2023								Tuesday, September 19, 2023							
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	46	Cranraisins	15	50	0	0	0	0
146	Waffles WG	0	0	0	0	0	0	83	Oatmeal WG	29	210	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
169	BBQ Chicken	0	0	0	0	0	0	38	Chili w/Beans	32	210	0	0	0	0
61	Green Beans	10	80	0	0	0	0	89	Pears	12	80	0	0	0	0
170	Roasted Potatoes	0	0	0	0	0	0	137	Salad/Dressing (A) Green Bean (C )	0	0	0	0	0	0
106	Roll	15	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
<b>Snack</b>								<b>Snack</b>							
80	Milk	12	100	0	0	0	0	59	Juice	16	20	0	0	0	0
130	Cheese String	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0
<b>Wednesday, September 20, 2023</b>								<b>Thursday, September 21, 2023</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	145	Juice	0	0	0	0	0	0
14	Biscuits	12	130	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	Milk	12	100	0	0	0	0
166	Nachos (A) Tacos (C )	0	0	0	0	0	0	115	Turkey Cheese/Wheat	12	230	0	0	0	0
39	Cinnamon Apples	24	114	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0
137	Salad/Dressing (A) Green Bean (C )	0	0	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
45	Crackers	20	100	0	0	0	0	121	Bread	12	80	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
57	Goldfish Crackers	20	100	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0
<b>Friday, September 22, 2023</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
145	Juice	0	0	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
159	Grilled Chicken Caesar Salad (A ) Chick	0	0	0	0	0	0								
89	Pears	12	80	0	0	0	0								
137	Salad/Dressing (A) Green Bean (C )	0	0	0	0	0	0								
160	Garlic Bread stick	0	0	0	0	0	0								
19	Broccoli (c)	10	80	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								

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# Sep-23

WEEK 5																
Monday, September 25, 2023								Tuesday, September 26, 2023								
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	88	Peaches	12	60	0	0	0	0	
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	17	Muffin 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	
173	General Tso Chicken	0	0	0	0	0	0	140	Cheeseburger	0	0	0	0	0	0	
86	Mixed Vegetables (A)	12	0	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	41	Cole Slaw (A) Carrots (C )	12	110	0	0	0	0	
174	Rice	0	0	0	0	0	0	97	Potato chips (A )	30	150	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	
5	Apple Slices	8	30	0	0	0	0	57	Goldfish Crackers	20	100	0	0	0	0	
<b>Wednesday, September 27, 2023</b>								<b>Thursday, September 28, 2023</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	77	Mandarin Oranges	12	60	0	0	0	0	
14	Biscuits	12	130	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	Milk	12	100	0	0	0	0	
32	Chicken Fajitas/Cheese	22	290	0	0	0	0	103	Pulled Beef Sandwich	30	100	0	0	0	0	
171	Black Beans (a) Peas (c )	0	0	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0	
39	Cinnamon Apples	24	114	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0	122	WG Bun	12	100	0	0	0	0	
172	Flour Tortilla	0	0	0	0	0	0	<b>Snack</b>								
<b>Snack</b>								80	Milk	12	100	0	0	0	0	
4	Apple Juice	12	60	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0	
123	Yogurt	12	80	0	0	0	0									
<b>Friday, September 29, 2023</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
84	OJ	15	60	0	0	0	0									
21	Cereal WG	15	100	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
37	Chicken Tenders (a) Chicken Nugget (c	25	240	0	0	0	0									
55	French Fries/Catsup	22	110	0	0	0	0									
81	Mixed Fruit	15	100	0	0	0	0									
106	Roll	15	100	0	0	0	0									
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									
10	Banana	15	40	0	0	0	0									

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