

# REDWOOD

# May 2023 MENU

WEEK 1															
Monday, May 1, 2023							Tuesday, May 2, 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
93	Pineapple	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0
120	Bagel	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	Milk	12	100	0	0	0	0
11	BBQ	0	0	0	0	0	0	38	Chili w/Beans	32	210	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
41	Cole Slaw (A) Carrots (C)	12	110	0	0	0	0	137	Salad/Dressing (A) Peas (C)	0	0	0	0	0	0
97	Potato chips (A)	30	150	0	0	0	0	45	Crackers	20	100	0	0	0	0
12	Bun wg	0	0	0	0	0	0	<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	130	Cheese String	0	0	0	0	0	0
<b>Wednesday, May 3, 2023</b>							<b>Thursday, May 4, 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	59	Juice	16	20	0	0	0	0
14	Biscuits	12	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
171	Enchilada with Queso	40	390	0	0	0	0	132	Spaghetti/Meatsauce	0	0	0	0	0	0
42	Corn (A) Green Bean (C)	15	80	0	0	0	0	113	Toss Salad (A) Broccoli (C)	5	25	0	0	0	0
6	Applesauce	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
164	Rice	0	0	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
59	Juice	16	20	0	0	0	0	80	Milk	12	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0
<b>Friday, May 5, 2023</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								
168	Cinnamon Roll	0	0	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
36	Chicken Salad	25	100	0	0	0	0								
178	Chips (Staff) Potato Wedges (C & A)	0	0	0	0	0	0								
89	Pears	12	80	0	0	0	0								
122	Bun	12	100	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
5	Apple Slices	8	30	0	0	0	0								

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# May 2023 MENU

WEEK 2															
Monday, May 8, 2023								Tuesday, May 9, 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
88	Peaches	12	60	0	0	0	0	59	Juice	16	20	0	0	0	0
120	Bagel	0	0	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
63	Grilled Chicken Sandwich	17	60	0	0	0	0	103	Pulled Beef Sandwich	30	100	0	0	0	0
131	Spring Salad (A)	0	0	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
45	Crackers	20	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	80	Milk	12	100	0	0	0	0
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels	30	100	0	0	0	0
<b>Wednesday, May 10, 2023</b>								<b>Thursday, May 11, 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	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
172	Chicken and Dumplings	0	0	0	0	0	0	140	Cheeseburger	0	0	0	0	0	0
90	Peas	15	80	0	0	0	0	100	Potato Salad (A ) smiley faces (C )	25	150	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	10	Banana	15	40	0	0	0	0
106	Roll	15	100	0	0	0	0	106	Roll	15	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
29	Cheese-Its	17	100	0	0	0	0	130	Cheese String	0	0	0	0	0	0
<b>Friday, May 12, 2023</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								
168	Cinnamon Roll	0	0	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
173	Chicken Pasta	0	0	0	0	0	0								
18	Broccoli	10	80	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
160	Garlic Bread stick	0	0	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								

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# May 2023 MENU

WEEK 3																
Monday, May 15, 2023								Tuesday, May 16, 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	46	Cranraisins	15	50	0	0	0	0	
21	Cereal WG	15	100	0	0	0	0	83	Oatmeal WG	29	210	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
149	Taco Salad (A ) Tacos (C)	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
166	Refried Beans (A ) Green Beans (C )	0	0	0	0	0	0	161	Cheese Coney (A) Hamburger (C )	0	0	0	0	0	0	
39	Cinnamon Apples	17	120	0	0	0	0	88	Peaches	12	60	0	0	0	0	
167	Chips Queso (A ) Tortilla (C )	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	122	Bun	12	100	0	0	0	0	
30	Chex Mix	12	80	0	0	0	0	80	Milk	12	100	0	0	0	0	
								5 Apple Slices 8 30 0 0 0 0								
Wednesday, May 17, 2023								Thursday, May 18, 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	
77	Mandarin Oranges	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
17	Muffin 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	
37	Chicken Tenders (a) Chicken Nugget (c)	25	240	0	0	0	0	175	Sausage egg & cheese Biscuit	0	0	0	0	0	0	
18	Broccoli	10	80	0	0	0	0	66	Hashbrown	22	150	0	0	0	0	
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
76	Mac & Cheese	17	115	0	0	0	0									
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	14	Biscuits	12	130	0	0	0	0	
136	Graham Crackers WG	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
								57 Goldfish Crackers WG 20 100 0 0 0 0								
Friday, May 19, 2023																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
59	Juice	16	20	0	0	0	0									
21	Cereal WG	15	100	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
124	Tuna Salad	0	0	0	0	0	0									
101	Potato Wedges	25	100	0	0	0	0									
10	Banana	15	40	0	0	0	0									
170	Croissant (A) Hawiian Roll (C )	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									

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# May 2023 MENU

WEEK 4																
Monday, May 22, 2023								Tuesday, May 23, 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	145	Juice	0	0	0	0	0	0	
146	Waffles WG	0	0	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	
163	General Tso Chicken	0	0	0	0	0	0	2	3 Way Spaghetti	0	0	0	0	0	0	
18	Broccoli	10	80	0	0	0	0	113	Toss Salad (A) Broccoli (C )	5	25	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
164	Rice	0	0	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>								<b>Snack</b>								
59	Juice	16	20	0	0	0	0	80	Milk	12	100	0	0	0	0	
130	Cheese String	0	0	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0	
<b>Wednesday, May 24, 2023</b>								<b>Thursday, May 25, 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	46	Cranraisins	15	50	0	0	0	0	
14	Biscuits	12	130	0	0	0	0	49	Cream of Wheat	24	110	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	
115	Turkey Cheese/Wheat	12	230	0	0	0	0	139	Sloppy Joe	0	0	0	0	0	0	
101	Potato Wedges	25	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	97	Potato chips (A )	30	150	0	0	0	0	
121	Bread	12	80	0	0	0	0	89	Pears	12	80	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
145	Juice	0	0	0	0	0	0	122	Bun	12	100	0	0	0	0	
123	Yogurt	12	80	0	0	0	0	80	Milk	12	100	0	0	0	0	
<b>Friday, May 26, 2023</b>								<b>Snack</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	6	Applesauce	15	60	0	0	0	0	
<b>Breakfast</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	<b>Snack</b>								
145	Juice	0	0	0	0	0	0	<b>Snack</b>								
96	Pancakes WG	35	225	0	0	0	0	<b>Snack</b>								
<b>Lunch</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	<b>Snack</b>								
162	Grilled Chicken Salad (A ) Grilled Nugge	0	0	0	0	0	0	<b>Snack</b>								
137	Salad/Dressing (A) Peas (C )	0	0	0	0	0	0	<b>Snack</b>								
93	Pineapple	15	60	0	0	0	0	<b>Snack</b>								
45	Crackers	20	100	0	0	0	0	<b>Snack</b>								
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	<b>Snack</b>								
10	Banana	15	40	0	0	0	0	<b>Snack</b>								

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# May 2023 MENU

WEEK 5															
Monday, May 29, 2023								Tuesday, May 30, 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
								6	Applesauce	15	60	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
								174	Hot Dog (A) Hamburger (C )	0	0	0	0	0	0
								55	French Fries/Catsup	22	110	0	0	0	0
								81	Mixed Fruit	15	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
								57	Goldfish Crackers WG	20	100	0	0	0	0
<b>Wednesday, May 31, 2023</b>								<b>Thursday, June 1, 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								
88	Peaches	12	60	0	0	0	0								
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
<b>Lunch</b>								<b>Lunch</b>							
80	Milk	12	100	0	0	0	0								
177	Turkey/Bacon DD (A ) Turkey Sandwich	0	0	0	0	0	0								
118	Vegetable Soup	22	180	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
<b>Snack</b>								<b>Snack</b>							
59	Juice	16	20	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
123	Yogurt	12	80	0	0	0	0								
<b>Friday, June 2, 2023</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
B	See Next Month's Menu	0	0	0	0	0	0								
<b>Lunch</b>															
B	See Next Month's Menu	0	0	0	0	0	0								
<b>Snack</b>															
B	See Next Month's Menu	0	0	0	0	0	0								

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