

REDWOOD

MENU

Month: **AUGUST**

Year: **2022**

WEEK 1

| Monday, August 1, 2022 | | | | | | | | Tuesday, August 2, 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 |
| 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 | 179 | Juice | 0 | 0 | 0 | 0 | 0 | 0 |
| 155 | Bagel WG | 0 | 0 | 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 |
| 214 | Spaghetti and Meatballs | 0 | 0 | 0 | 0 | 0 | 0 | 65 | Ham & Cheese Sandwich | 10 | 100 | 0 | 0 | 0 | 0 |
| 61 | Green Beans | 9 | 40 | 0 | 0 | 0 | 0 | 209 | Potato Chips (Staff) smiley faces (A&C) | 0 | 0 | 0 | 0 | 0 | 0 |
| 77 | Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 | 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 |
| 56 | Garlic Bread | 12 | 100 | 0 | 0 | 0 | 0 | 102 | Pretzel Bun | 30 | 230 | 0 | 0 | 0 | 0 |
| Snack | | | | | | | | Snack | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 |
| 123 | Yogurt | 12 | 80 | 0 | 0 | 0 | 0 | 117 | Vanilla Wafers | 17 | 120 | 0 | 0 | 0 | 0 |
| Wednesday, August 3, 2022 | | | | | | | | Thursday, August 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 |
| 89 | Pears | 12 | 80 | 0 | 0 | 0 | 0 | 46 | Cranraisins | 15 | 50 | 0 | 0 | 0 | 0 |
| 204 | Cinnamon Roll WG | 0 | 0 | 0 | 0 | 0 | 0 | 49 | Cream of Wheat | 24 | 110 | 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 | 13 | Big Boy Casserole | 40 | 250 | 0 | 0 | 0 | 0 |
| 133 | Lettuce/tomato (A) peas (C) | 10 | 200 | 0 | 0 | 0 | 0 | 55 | French Fries | 22 | 110 | 0 | 0 | 0 | 0 |
| 89 | Pears | 12 | 80 | 0 | 0 | 0 | 0 | 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 |
| 143 | Tortilla | 0 | 0 | 0 | 0 | 0 | 0 | 12 | Bun | 0 | 0 | 0 | 0 | 0 | 0 |
| 32 | Chicken Fajitas Soup (A) | 22 | 290 | 0 | 0 | 0 | 0 | 73 | Lett/Tom/Pickles(A) | 5 | 45 | 0 | 0 | 0 | 0 |
| Snack | | | | | | | | Snack | | | | | | | |
| 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 | 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 |
| Friday, August 5, 2022 | | | | | | | | | | | | | | | |
| Item# | Menu Items | Carb | Cal | Pro | Fat | Fib | Sod | | | | | | | | |
| Breakfast | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | | | | | | | | |
| 155 | Bagel WG | 0 | 0 | 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 | | | | | | | | |
| 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 | | | | | | | | |
| 217 | Croutons | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |
| Snack | | | | | | | | | | | | | | | |
| 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
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Fruit/Veg./Juice
Grains
Meat/Meat Alternate
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Fruit/Veg.
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REDWOOD

MENU

Month: **AUGUST**

Year: **2022**

| WEEK 2 | | | | | | | | | | | | | | | | | |
|-----------------------------------|---------------------------------|------|-----|-----|-----|-----|-----|----------------------------------|--------------------------|------|-----|-----|-----|-----|-----|--|---------------------|
| Monday, August 8, 2022 | | | | | | | | Tuesday, August 9, 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 | | Milk |
| 77 | Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 | 4 | Apple Juice | 12 | 60 | 0 | 0 | 0 | 0 | | Fruit/Veg./Juice |
| 16 | Muffin wg | 30 | 130 | 0 | 0 | 0 | 0 | 204 | Cinnamon Roll WG | 0 | 0 | 0 | 0 | 0 | 0 | | Grains |
| | | | | | | | | | | | | | | | | | Grains |
| Lunch | | | | | | | | Lunch | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | Milk |
| 33 | Chicken Patty | 25 | 240 | 0 | 0 | 0 | 0 | 159 | Taco | 0 | 0 | 0 | 0 | 0 | 0 | | Meat/Meat Alternate |
| 55 | French Fries | 22 | 110 | 0 | 0 | 0 | 0 | 42 | Corn (A) /carrots (c) | 15 | 80 | 0 | 0 | 0 | 0 | | Fruit/Veg. |
| 89 | Pears | 12 | 80 | 0 | 0 | 0 | 0 | 39 | Cinnamon Apples | 17 | 120 | 0 | 0 | 0 | 0 | | Fruit/Veg. |
| 73 | Lett/Tom/Pickles(A) | 5 | 45 | 0 | 0 | 0 | 0 | | | | | | | | | | Grains |
| 12 | Bun | 0 | 0 | 0 | 0 | 0 | 0 | 143 | Tortilla | 0 | 0 | 0 | 0 | 0 | 0 | | Grains |
| Snack | | | | | | | | Snack | | | | | | | | | |
| 150 | Water | 0 | 0 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | Milk |
| | | | | | | | | | | | | | | | | | Fruit/Veg./Juice |
| 45 | Crackers WG | 20 | 100 | 0 | 0 | 0 | 0 | 117 | Vanilla Wafers | 17 | 120 | 0 | 0 | 0 | 0 | | Grains |
| 40 | Cheese | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | Meat/Meat Alternate |
| Wednesday, August 10, 2022 | | | | | | | | Thursday, August 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 | | Milk |
| 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 | 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | | Fruit/Veg./Juice |
| | | | | | | | | 54 | Fr. Toast WG | 12 | 180 | 0 | 0 | 0 | 0 | | Grains |
| 14 | Biscuits WG | 12 | 130 | 0 | 0 | 0 | 0 | | | | | | | | | | Grains |
| Lunch | | | | | | | | Lunch | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | Milk |
| 11 | BBQ w/bun | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 3 Way Spaghetti | 0 | 0 | 0 | 0 | 0 | 0 | | Meat/Meat Alternate |
| 41 | Cole Slaw (A) smiley faces (C) | 12 | 110 | 0 | 0 | 0 | 0 | 112 | Toss Salad (A) Peas (C) | 5 | 25 | 0 | 0 | 0 | 0 | | Fruit/Veg. |
| 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 | 88 | Peaches | 12 | 60 | 0 | 0 | 0 | 0 | | Fruit/Veg. |
| 85 | Onion Rings (A) | 25 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | | Grains |
| 12 | Bun | 0 | 0 | 0 | 0 | 0 | 0 | 45 | Crackers WG | 20 | 100 | 0 | 0 | 0 | 0 | | Grains |
| Snack | | | | | | | | Snack | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | | Milk |
| | | | | | | | | 84 | Juice | 15 | 60 | 0 | 0 | 0 | 0 | | Fruit/Veg./Juice |
| | | | | | | | | | | | | | | | | | Grains |
| 130 | Cheese String | 0 | 0 | 0 | 0 | 0 | 0 | 123 | Yogurt | 12 | 80 | 0 | 0 | 0 | 0 | | Meat/Meat Alternate |
| Friday, August 12, 2022 | | | | | | | | | | | | | | | | | |
| Item# | Menu Items | Carb | Cal | Pro | Fat | Fib | Sod | | | | | | | | | | |
| Breakfast | | | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | | Milk |
| 59 | Grape Juice | 16 | 20 | 0 | 0 | 0 | 0 | | | | | | | | | | Fruit/Veg./Juice |
| 25 | COLD Cereal WG | 29 | 210 | 0 | 0 | 0 | 0 | | | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | | Grains |
| Lunch | | | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | | Milk |
| 126 | Grilled Cheese | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | Meat/Meat Alternate |
| 125 | Tomato Soup | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | | Fruit/Veg. |
| 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | | | | | | | | | | Fruit/Veg. |
| | | | | | | | | | | | | | | | | | Grains |
| 45 | Crackers WG | 20 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | | Grains |
| Snack | | | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | | Milk |
| 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | | | | | | | | | | Fruit/Veg./Juice |
| | | | | | | | | | | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | | Meat/Meat Alternate |

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MENU

Month: **AUGUST**

Year: **2022**

WEEK 3

| Monday, August 15, 2022 | | | | | | | | Tuesday, August 16, 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 | 59 | Grape Juice | 16 | 20 | 0 | 0 | 0 | 0 |
| 16 | Muffin wg | 30 | 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 |
| 177 | General Tso Chicken(a) chicken nugget | 0 | 0 | 0 | 0 | 0 | 0 | 186 | Scrambled eggs & sausage Gravy | 0 | 0 | 0 | 0 | 0 | 0 |
| 175 | Stir Fry Vegetables | 0 | 0 | 0 | 0 | 0 | 0 | 66 | Hashbrowns | 22 | 150 | 0 | 0 | 0 | 0 |
| 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 | 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 |
| 105 | Rice | 22 | 210 | 0 | 0 | 0 | 0 | 14 | Biscuits WG | 12 | 130 | 0 | 0 | 0 | 0 |
| Snack | | | | | | | | Snack | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 57 | Goldfish Crackers WG | 20 | 100 | 0 | 0 | 0 | 0 | 4 | Apple Juice | 12 | 60 | 0 | 0 | 0 | 0 |
| | | | | | | | | 151 | Soft Pretzel WG | 15 | 125 | 0 | 0 | 0 | 0 |
| Wednesday, August 17, 2022 | | | | | | | | Thursday, August 18, 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 | 77 | Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 |
| 14 | Biscuits WG | 12 | 130 | 0 | 0 | 0 | 0 | 119 | WafflesWG | 15 | 80 | 0 | 0 | 0 | 0 |
| Lunch | | | | | | | | Lunch | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 |
| 116 | Turkey Burger | 15 | 60 | 0 | 0 | 0 | 0 | 53 | Fish | 17 | 150 | 0 | 0 | 0 | 0 |
| 118 | Vegetable Soup | 22 | 180 | 0 | 0 | 0 | 0 | 110 | Succatash (A) lima bean (C) | 15 | 80 | 0 | 0 | 0 | 0 |
| 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 | 89 | Pears | 12 | 80 | 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 | | | | | | | | |
| | | | | | | | | 123 | Yogurt | 12 | 80 | 0 | 0 | 0 | 0 |
| Friday, August 19, 2022 | | | | | | | | | | | | | | | |
| Item# | Menu Items | Carb | Cal | Pro | Fat | Fib | Sod | | | | | | | | |
| Breakfast | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | | | | | | | | |
| 21 | CerealWG | 15 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| Lunch | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 128 | Chef Salad (A) Chicken Nuggets (C) | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |
| 137 | Salad/Dressing (A) Green Beans (C) | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |
| 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 | | | | | | | | |
| 47 | Cream of Chicken & Wild Rice Soup | 30 | 150 | 0 | 0 | 0 | 0 | | | | | | | | |
| Snack | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 117 | Vanilla Wafers | 17 | 120 | 0 | 0 | 0 | 0 | | | | | | | | |

Milk
Fruit/Veg./Juice
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Month: **AUGUST**

Year: **2022**

WEEK 4

| Monday, August 22, 2022 | | | | | | | | Tuesday, August 23, 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 |
| 77 | Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 | 4 | Apple Juice | 12 | 60 | 0 | 0 | 0 | 0 |
| 54 | Fr. ToasT WG | 12 | 180 | 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 |
| 210 | Nachos (A) Tacos(C) | 0 | 0 | 0 | 0 | 0 | 0 | 63 | Grilled Chicken | 3 | 60 | 0 | 0 | 0 | 0 |
| 188 | Refried Beans (A) Carrots (C) | 0 | 0 | 0 | 0 | 0 | 0 | 185 | Brussel Sprouts(A) Broccoli (C) | 0 | 0 | 0 | 0 | 0 | 0 |
| 39 | Cinnamon Apples | 17 | 120 | 0 | 0 | 0 | 0 | 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 |
| 160 | Tortilla Chips(A) Flour Tortilla (C) | 0 | 0 | 0 | 0 | 0 | 0 | 105 | Rice | 22 | 210 | 0 | 0 | 0 | 0 |
| Snack | | | | | | | | Snack | | | | | | | |
| 59 | Grape 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 |
| Wednesday, August 24, 2022 | | | | | | | | Thursday, August 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 |
| 46 | Cranraisins | 15 | 50 | 0 | 0 | 0 | 0 | 88 | Peaches | 12 | 60 | 0 | 0 | 0 | 0 |
| 119 | WafflesWG | 15 | 80 | 0 | 0 | 0 | 0 | 155 | Bagel 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 |
| 139 | Sloppy Joe | 0 | 0 | 0 | 0 | 0 | 0 | 30 | Chicken Tender | 12 | 110 | 0 | 0 | 0 | 0 |
| 41 | Cole Slaw (A) smiley faces (C) | 12 | 110 | 0 | 0 | 0 | 0 | 101 | Potato Wedges | 15 | 145 | 0 | 0 | 0 | 0 |
| 89 | Pears | 12 | 80 | 0 | 0 | 0 | 0 | 77 | Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 |
| 12 | Bun | 0 | 0 | 0 | 0 | 0 | 0 | 106 | Roll | 15 | 100 | 0 | 0 | 0 | 0 |
| 99 | Potato Chips (a) | 25 | 165 | 0 | 0 | 0 | 0 | Snack | | | | | | | |
| Snack | | | | | | | | Snack | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 84 | Juice | 15 | 60 | 0 | 0 | 0 | 0 |
| 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | 57 | Goldfish Crackers WG | 20 | 100 | 0 | 0 | 0 | 0 |
| Friday, August 26, 2022 | | | | | | | | | | | | | | | |
| Item# | Menu Items | Carb | Cal | Pro | Fat | Fib | Sod | | | | | | | | |
| Breakfast | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 4 | Apple Juice | 12 | 60 | 0 | 0 | 0 | 0 | | | | | | | | |
| 52 | English Muffin Marg/Butter/Jelly | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| Lunch | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 96 | Pizza WG | 35 | 225 | 0 | 0 | 0 | 0 | | | | | | | | |
| 82 | Caesar Salad (A) Carrots(C) | 12 | 80 | 0 | 0 | 0 | 0 | | | | | | | | |
| 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | | | | | | | | |
| 96 | Pizza WG | 35 | 225 | 0 | 0 | 0 | 0 | | | | | | | | |
| Snack | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 45 | Crackers WG | 20 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 171 | Cheese | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |

Milk
Fruit/Veg./Juice
Grains
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
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Fruit/Veg./Juice
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MENU

Month: **AUGUST**

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WEEK 5

| Monday, August 29, 2022 | | | | | | | | Tuesday, August 30, 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 | 4 | Apple Juice | 12 | 60 | 0 | 0 | 0 | 0 |
| 25 | COLD Cereal WG | 29 | 210 | 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 |
| 192 | Fish Tacos (A) Fish Sicks (C) | 0 | 0 | 0 | 0 | 0 | 0 | 8 | Baked Ziti Pasta | 0 | 0 | 0 | 0 | 0 | 0 |
| 188 | Refried Beans (A) Carrots (C) | 0 | 0 | 0 | 0 | 0 | 0 | 82 | Caesar Salad (A) Carrots(C) | 12 | 80 | 0 | 0 | 0 | 0 |
| 77 | Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 | 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 |
| 105 | Rice | 22 | 210 | 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 | 57 | Goldfish Crackers WG | 20 | 100 | 0 | 0 | 0 | 0 |
| Wednesday, August 31, 2022 | | | | | | | | Thursday, September 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 | | | | | | | | |
| 46 | Cranraisins | 15 | 50 | 0 | 0 | 0 | 0 | | | | | | | | |
| 83 | Oatmeal | 29 | 210 | 0 | 0 | 0 | 0 | B | See Next Month's Menu | 0 | 0 | 0 | 0 | 0 | 0 |
| Lunch | | | | | | | | Lunch | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | |
| 206 | Quiche | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |
| 131 | Spring Salad (A) Broccoli (C) | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |
| 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 | B | See Next Month's Menu | 0 | 0 | 0 | 0 | 0 | 0 |
| 16 | Muffin wg | 30 | 130 | 0 | 0 | 0 | 0 | | | | | | | | |
| Snack | | | | | | | | Snack | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | B | See Next Month's Menu | 0 | 0 | 0 | 0 | 0 | 0 |
| 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | | | | | | | | |
| Friday, September 2, 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 | | | | | | | | | | | | | | |
| Snack | | | | | | | | | | | | | | | |
| 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

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