

REDWOOD

MENU

Month: June

Year: 2022

WEEK 1															
Monday, May 30, 2022							Tuesday, May 31, 2022								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast							Breakfast								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
Lunch							Lunch								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
Snack							Snack								
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, June 1, 2022							Thursday, June 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
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	Cheese Bead Sticfks	0	0	0	0	0	0
42	Corn (A) /Peas (c)	15	80	0	0	0	0	154	Ceasar Salad (A) Carrots (C)	0	0	0	0	0	0
6	Applesauce	15	60	0	0	0	0	94	Pineapple Pretzel Salad (A) pineapple	30	100	0	0	0	0
205	Chips & Queso (A)	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, June 3, 2022															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
155	Bagel WG	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
206	General Tso Chicken	0	0	0	0	0	0								
175	Stir Fry Vegetables	0	0	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
174	Fried Rice	0	0	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								

Milk
Fruit/Veg./Juice
Grains
Grains

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

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

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MENU

Month: June

Year: 2022

WEEK 2																
Monday, June 6, 2022								Tuesday, June 7, 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	
119	WafflesWG	15	80	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	
217	Grilled Chicken Salad (A) chic nugget(0	0	0	0	0	0	208	Italian Sub (A) Ham Sandwich (c)	0	0	0	0	0	0	
137	Salad/Dressing (A) Green Beans (C)	0	0	0	0	0	0	220	onion Rings (A) Smiley Faces(c)	0	0	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	
45	Crackers	20	100	0	0	0	0	73	Lett/Tom/Pickles(A)	5	45	0	0	0	0	
Snack								Snack								
								12	Bun	0	0	0	0	0	0	
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, June 8, 2022								Thursday, June 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	
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	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	
212	Chicken & Waffles	0	0	0	0	0	0	140	Hamburger w/cheese	0	0	0	0	0	0	
66	Hashbrowns	22	150	0	0	0	0	223	Baked Beans	0	0	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	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	
130	Cheese String	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	
Friday, June 10, 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									
221	Turkey Club(A) Turkey&cheese Sand (0	0	0	0	0	0									
222	Chip (staff) Smiley Faces (C & A)	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									

Milk
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MENU

Month: June

Year: 2022

WEEK 3

Monday, June 13, 2022								Tuesday, June 14, 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
155	Bagel WG	0	0	0	0	0	0	83	Oatmeal	29	210	0	0	0	0
Lunch								Lunch							
13	Big Boy Casserole	40	250	0	0	0	0	80	Milk	12	100	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	145	Chicken Alfredo	30	300	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	18	Broccoli	10	80	0	0	0	0
12	Bun	0	0	0	0	0	0	93	Pineapple	15	60	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0
202	Vanilla Wafer	0	0	0	0	0	0	179	Juice	0	0	0	0	0	0
								151	Soft Pretzel WG	15	125	0	0	0	0
Wednesday, June 15, 2022								Thursday, June 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
89	Pears	12	80	0	0	0	0	10	Banana	15	40	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
134	Pot Roast	0	0	0	0	0	0	36	Chicken Salad Sandwich	25	100	0	0	0	0
176	Potato and Carrots	0	0	0	0	0	0	101	Potato Wedges	15	145	0	0	0	0
10	Banana	15	40	0	0	0	0	10	Banana	15	40	0	0	0	0
106	Roll	15	100	0	0	0	0	157	Crossiant	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, June 17, 2022															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
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								

Milk
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MENU

Month: June

Year: 2022

WEEK 4															
Monday, June 20, 2022							Tuesday, June 21, 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	103	Pulled Beef Sandwich	30	100	0	0	0	0
187	Broccoli (C) lettuce/tomatoes (a)	0	0	0	0	0	0	61	Green Beans	9	40	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
99	Potato Chips (A)	25	165	0	0	0	0	12	Bun	0	0	0	0	0	0
121	Bread WG	sx	80	0	0	0	0	76	Mac & Cheese	17	115	0	0	0	0
Snack							Snack								
150	Water	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
45	Crackers	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, June 22, 2022							Thursday, June 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
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
215	Grilled ham and Swiss	0	0	0	0	0	0	11	BBQ w/bun	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	41	Cole Slaw (A) Peas(C)	12	110	0	0	0	0
93	Pineapple	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
121	Bread WG	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
29	Cheese-Its WG	17	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Friday, June 24, 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 SaladChic nuggets(C)	0	0	0	0	0	0								
137	Salad/Dressing (A) Green Beans (C)	0	0	0	0	0	0								
89	Pears	12	80	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								

Milk
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MENU

Month: June

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WEEK 5

Monday, June 27, 2022								Tuesday, June 28, 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
141	Pancakes WG	35	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
35	Chicken Rice Casserole	25	235	0	0	0	0	27	Cheese Pizza	17	230	0	0	0	0
23	Carrots	10	80	0	0	0	0	112	Toss Salad (A) broccoli(C)	5	25	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
Snack								Snack							
106	Roll	15	100	0	0	0	0	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
130	Cheese String	0	0	0	0	0	0								
Wednesday, June 29, 2022								Thursday, June 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
89	Pears	12	80	0	0	0	0	10	Banana	15	40	0	0	0	0
52	English Muffin Marg/Butter/Jelly	12	100	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
218	Quiche'	0	0	0	0	0	0	132	Spaghetti/meat sauce/Cheese	0	0	0	0	0	0
131	Spring Salad (A) Green Beans (C)	0	0	0	0	0	0	154	Ceasar Salad (A) Carrots (C)	0	0	0	0	0	0
93	Pineapple	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0
Snack								Snack							
16	Muffin wg	30	130	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0
4	Apple Juice	12	60	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
Friday, July 1, 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								

Milk
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