

REDWOOD

JUNE MENU 2023

WEEK 1																
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	
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, May 31, 2023								Thursday, June 1, 2023								
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	80	Milk	12	100	0	0	0	0	
								46	Cranraisins	15	50	0	0	0	0	
								49	Cream of Wheat	24	110	0	0	0	0	
Lunch								Lunch								
								80	Milk	12	100	0	0	0	0	
								11	BBQ	0	0	0	0	0	0	
								41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	
A	See Last Month's Menu	0	0	0	0	0	0	88	Peaches	12	60	0	0	0	0	
								183	Potato chips (A)	0	0	0	0	0	0	
								12	Wheat Bun	0	0	0	0	0	0	
Snack								Snack								
A	See Last Month's Menu	0	0	0	0	0	0	59	Grape Juice	16	20	0	0	0	0	
								123	Yogurt	12	80	0	0	0	0	
Friday, June 2, 2023																
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									
146	Waffles WG	0	0	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
37	Chicken Tenders	25	240	0	0	0	0									
61	Green Beans	10	80	0	0	0	0									
81	Mixed Fruit	15	100	0	0	0	0									
Snack																
76	Mac & Cheese	17	115	0	0	0	0									
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
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

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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JUNE MENU 2023

WEEK 2																	
Monday, June 5, 2023							Tuesday, June 6, 2023										
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	
10	Banana	15	40	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	Fruit/Veg./Juice	
21	Cereal WG	15	100	0	0	0	0	16	Muffin WG	30	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	
140	Cheeseburger	0	0	0	0	0	0	158	Chicken Tender Wrap (A) Chicken nugg	0	0	0	0	0	0	Meat/Meat Alternate	
55	French Fries/Catsup	22	110	0	0	0	0	159	tomato, cheese, sour cream (A) Carrots	0	0	0	0	0	0	Fruit/Veg.	
89	Pears	12	80	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.	
								188	Potato Chips (A)	0	0	0	0	0	0	Grains	
122	Bun	12	100	0	0	0	0	143	Flour Tortilla	0	0	0	0	0	0	Grains	
Snack							Snack										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
6	Applesauce	15	60	0	0	0	0									Fruit/Veg./Juice	
								117	Vanilla Wafers	17	120	0	0	0	0	0	Grains
																Meat/Meat Alternate	
Wednesday, June 7, 2023							Thursday, June 8, 2023										
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	
46	Cranraisins	15	50	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg./Juice	
49	Cream of Wheat	24	110	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0	Grains	
Lunch							Lunch										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
180	Beef Nachos (A) Taco (C)	0	0	0	0	0	0	31	Chicken Chili	25	100	0	0	0	0	Meat/Meat Alternate	
159	tomato, cheese, sour cream (A) Carrots	0	0	0	0	0	0	70	Home Fries	25	150	0	0	0	0	Fruit/Veg.	
5	Apple Slices	8	30	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.	
97	Refried Beans (A)	30	150	0	0	0	0								Grains		
142	flour tortilla (c) Tortilla Chips (A)	0	0	0	0	0	0	43	Corn Bread	12	120	0	0	0	0	Grains	
Snack							Snack										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
																Fruit/Veg./Juice	
123	Yogurt	12	80	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Grains	
																Meat/Meat Alternate	
Friday, June 9, 2023																	
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod										
Breakfast																	
80	Milk	12	100	0	0	0	0										
89	Pears	12	80	0	0	0	0										
120	Bagel	0	0	0	0	0	0										
Lunch																	
80	Milk	12	100	0	0	0	0										
162	Chicken & Waffles	0	0	0	0	0	0										
66	Hashbrown	22	150	0	0	0	0										
10	Banana	15	40	0	0	0	0										
146	Waffles WG	0	0	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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JUNE MENU 2023

WEEK 3																		
Monday, June 12, 2023								Tuesday, June 13, 2023										
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		
88	Peaches	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice		
16	Muffin WG	30	130	0	0	0	0	107	Sausage Biscuit	20	210	0	0	0	0	Grains		
Lunch								Lunch										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk		
190	Baked Potato w/cheese	0	0	0	0	0	0	148	Ham sandwich	0	0	0	0	0	0	Meat/Meat Alternate		
18	Broccoli	10	80	0	0	0	0	48	Cream of Potato Soup	30	150	0	0	0	0	Fruit/Veg.		
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.		
106	Roll	15	100	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0	Grains		
Snack								Snack										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk		
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Fruit/Veg./Juice		
Wednesday, June 14, 2023								Thursday, June 15, 2023										
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	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice		
14	Biscuits	12	130	0	0	0	0	146	Waffles WG	0	0	0	0	0	0	Grains		
Lunch								Lunch										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk		
129	Open-faced Roast Beef	0	0	0	0	0	0	51	Eggs Scrambled w/Cheese	25	100	0	0	0	0	Meat/Meat Alternate		
79	Mashed Potato	34	160	0	0	0	0	66	Hashbrown	22	150	0	0	0	0	Fruit/Veg.		
23	Carrots	10	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.		
121	Bread WG	12	80	0	0	0	0	15	Gravy for Biscuits	19	210	0	0	0	0	Grains		
Snack								Snack										
80	Milk	12	100	0	0	0	0	14	Biscuits	12	130	0	0	0	0	Grains		
136	Graham Crackers WG	0	0	0	0	0	0	59	Grape Juice	16	20	0	0	0	0	Milk		
Friday, June 16, 2023								Yogurt										
123	Yogurt	12	80	0	0	0	0										Meat/Meat Alternate	
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod											
Breakfast																		
80	Milk	12	100	0	0	0	0										Milk	
10	Banana	15	40	0	0	0	0										Fruit/Veg./Juice	
165	Cinnamon Roll	0	0	0	0	0	0										Grains	
Lunch																		
80	Milk	12	100	0	0	0	0	80										Milk
181	Chicken Caesar Salad(A) Chicken Nugg	0	0	0	0	0	0	51										Meat/Meat Alternate
172	Salad Dressing (A) Green beans(C)	0	0	0	0	0	0	66										Fruit/Veg.
10	Banana	15	40	0	0	0	0	77										Fruit/Veg.
56	Garlic Bread	12	100	0	0	0	0	15										Grains
Snack																		
80	Milk	12	100	0	0	0	0	14										Grains
21	Cereal WG	15	100	0	0	0	0										Milk	
																	Fruit/Veg./Juice	
																	Grains	
																	Meat/Meat Alternate	

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JUNE MENU 2023

WEEK 4															
Monday, June 19, 2023							Tuesday, June 20, 2023								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast							Breakfast								
187	Holiday No School	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								89	Pears	12	80	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
187	Holiday No School	0	0	0	0	0	0	11	BBQ	0	0	0	0	0	0
								186	Tater tots	0	0	0	0	0	0
								77	Mandarin Oranges	12	60	0	0	0	0
								12	Wheat Bun	0	0	0	0	0	0
Snack							Snack								
187	Holiday No School	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, June 21, 2023							Thursday, June 22, 2023								
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
84	Juice	15	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	166	BagelWG	0	0	0	0	0	0
Lunch							Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
53	Fish	17	150	0	0	0	0	96	Pizza	35	225	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	112	Toss Salad (A) Peas (C)	5	25	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
122	Bun	12	100	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	105	Cereal	0	0	0	0	0	0
Friday, June 23, 2023															
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								
16	Muffin WG	30	130	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
138	Chicken Patty	0	0	0	0	0	0								
175	Broccoli Salad (A) Broccoli (C)	0	0	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
122	Bun	12	100	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
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
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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JUNE MENU 2023

WEEK 5																
Monday, June 26, 2023							Tuesday, June 27, 2023									
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
10	Banana	15	40	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	Fruit/Veg./Juice
166	Bagel/WG	0	0	0	0	0	0	21	Cereal WG	15	100	0	0	0	0	Grains
Lunch							Lunch									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
140	Cheeseburger	0	0	0	0	0	0	167	Cracked Chicken Spaghetti	0	0	0	0	0	0	Meat/Meat Alternate
168	Baked Beans (A) Grenn Beans ©	0	0	0	0	0	0	18	Broccoli	10	80	0	0	0	0	Fruit/Veg.
40	Cole Slaw (A) Peaches (C)	12	110	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
122	Bun	12	100	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0	Grains
Snack							Snack									
77	Mandarin Oranges	12	60	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
130	Cheese String	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Fruit/Veg./Juice
Wednesday, June 28, 2023							Thursday, June 29, 2023									
Breakfast							Breakfast									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg./Juice
16	Muffin WG	30	130	0	0	0	0	169	Cinnamon Roll	0	0	0	0	0	0	Grains
Lunch							Lunch									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
192	CHUCK ROAST	0	0	0	0	0	0	115	Turkey Cheese/Wheat	12	230	0	0	0	0	Meat/Meat Alternate
79	Mashed Potato	34	160	0	0	0	0	118	Vegetable Soup	22	180	0	0	0	0	Fruit/Veg.
23	Carrots	10	80	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg.
106	Roll	15	100	0	0	0	0	121	Bread WG	12	80	0	0	0	0	Grains
Snack							Snack									
80	Milk	12	100	0	0	0	0	84	Juice	15	60	0	0	0	0	Milk
102	Pretzels (Soft) WG	30	100	0	0	0	0	123	Yogurt	12	80	0	0	0	0	Fruit/Veg./Juice
Friday, June 30, 2023																
Breakfast																
80	Milk	12	100	0	0	0	0									Milk
46	Cranraisins	15	50	0	0	0	0									Fruit/Veg./Juice
49	Cream of Wheat	24	110	0	0	0	0									Grains
Lunch																
80	Milk	12	100	0	0	0	0									Milk
191	Chef Salad (A) Chicken Nugget (C)	0	0	0	0	0	0									Meat/Meat Alternate
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0									Fruit/Veg.
10	Banana	15	40	0	0	0	0									Fruit/Veg.
106	Roll	15	100	0	0	0	0									Grains
Snack																
80	Milk	12	100	0	0	0	0									Milk
136	Graham Crackers WG	0	0	0	0	0	0									Fruit/Veg./Juice

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