

REDWOOD

NOVEMBER MENU2022

WEEK 1																
Monday, October 31, 2022								Tuesday, November 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	
								145	Juice	0	0	0	0	0	0	
A	See Last Month's Menu	0	0	0	0	0	0	21	Cereal WG	15	100	0	0	0	0	
Lunch								Lunch								
								80	Milk	12	100	0	0	0	0	
								37	Chicken Tenders	25	240	0	0	0	0	
A	See Last Month's Menu	0	0	0	0	0	0	18	Broccoli	10	80	0	0	0	0	
								81	Mixed Fruit	15	100	0	0	0	0	
Snack								Snack								
								76	Mac & Cheese	17	115	0	0	0	0	
A	See Last Month's Menu	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
								136	Graham Crackers WG	0	0	0	0	0	0	
Wednesday, November 2, 2022								Thursday, November 3, 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	
14	Biscuits	12	130	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	
154	Sweet & Sour Pork	0	0	0	0	0	0	139	Sloppy Joe	0	0	0	0	0	0	
178	Stir fry Vegetable	0	0	0	0	0	0	41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	
179	Rice	0	0	0	0	0	0	183	Potato chips (A)	0	0	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	59	Grape Juice	16	20	0	0	0	0	
117	Vanilla Wafers	17	120	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
Friday, November 4, 2022																
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									
161	Cheese Bread Stick	0	0	0	0	0	0									
172	Salad Dressing (A) Green beans(C)	0	0	0	0	0	0									
39	Cinnamon Apples	17	120	0	0	0	0									
161	Cheese Bread Stick	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
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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NOVEMBER MENU2022

WEEK 2																
Monday, November 7, 2022							Tuesday, November 8, 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
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
182	Cheese Coney (A) Hamburger w/Chees	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	lettuce&tomato (A) Carrots (C)	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.
122	Bun	12	100	0	0	0	0	160	Soup(A)	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	117	Vanilla Wafers	17	120	0	0	0	0	Fruit/Veg./Juice
Wednesday, November 9, 2022							Thursday, November 10, 2022									
Breakfast							Breakfast									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
89	Pears	12	80	0	0	0	0	46	Cranraisins	15	50	0	0	0	0	Fruit/Veg./Juice
165	Cinnamon Roll	0	0	0	0	0	0	49	Cream of Wheat	24	110	0	0	0	0	Grains
Lunch							Lunch									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
64	Ham & Bean Soup	18	230	0	0	0	0	13	Big Boy Casserole	40	250	0	0	0	0	Meat/Meat Alternate
172	Salad Dressing (A) Green beans(C)	0	0	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
88	Peaches	12	60	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.
43	Corn Bread	12	120	0	0	0	0	122	Bun	12	100	0	0	0	0	Grains
Snack							Snack									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
123	Yogurt	12	80	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Fruit/Veg./Juice
Friday, November 11, 2022																
Breakfast																
80	Milk	12	100	0	0	0	0									Milk
89	Pears	12	80	0	0	0	0									Fruit/Veg./Juice
120	Bagel	0	0	0	0	0	0									Grains
Lunch																
80	Milk	12	100	0	0	0	0									Milk
162	Chicken & Waffles	0	0	0	0	0	0									Meat/Meat Alternate
66	Hashbrown	22	150	0	0	0	0									Fruit/Veg.
10	Banana	15	40	0	0	0	0									Fruit/Veg.
146	Waffles WG	0	0	0	0	0	0									Grains
Snack																
80	Milk	12	100	0	0	0	0									Milk
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg./Juice

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WEEK 3																
Monday, November 14, 2022							Tuesday, November 15, 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
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
65	Ham Sandwich	10	100	0	0	0	0	33	Chicken Patty WG	25	240	0	0	0	0	Meat/Meat Alternate
100	Potato Salad(A) smiley faces (C)	25	150	0	0	0	0	171	Broccoli Soup	0	0	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
121	Bread WG	12	80	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0	Grains
Snack							Snack									
80	Milk	12	100	0	0	0	0									Milk
57	Goldfish Crackers WG	20	100	0	0	0	0	84	Juice	15	60	0	0	0	0	Fruit/Veg./Juice
								102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
Wednesday, November 16, 2022							Thursday, November 17, 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	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
149	Taco Salad Chips/Salsa Tacos (C)	0	0	0	0	0	0	185	Thnkssgiving Dinner Turkey	0	0	0	0	0	0	Meat/Meat Alternate
74	Lettuce/Tomato/Sour cream (A) Carrots	22	65	0	0	0	0	61	Green Beans	10	80	0	0	0	0	Fruit/Veg.
39	Cinnamon Apples	17	120	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0	Fruit/Veg.
142	flour tortilla (c) Tortilla Chips (A)	0	0	0	0	0	0	50	Dressing	45	200	0	0	0	0	Grains
Snack							Snack									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
136	Graham Crackers WG	0	0	0	0	0	0									Fruit/Veg./Juice
								123	Yogurt	12	80	0	0	0	0	Meat/Meat Alternate
Friday, November 18, 2022																
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									Milk
124	Tuna Salad	0	0	0	0	0	0									Meat/Meat Alternate
55	French Fries/Catsup	22	110	0	0	0	0									Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg.
121	Bread WG	12	80	0	0	0	0									Grains
Snack																
80	Milk	12	100	0	0	0	0									Milk
21	Cereal WG	15	100	0	0	0	0									Fruit/Veg./Juice
																Grains
																Meat/Meat Alternate

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NOVEMBER MENU2022

WEEK 4																	
Monday, November 21, 2022							Tuesday, November 22, 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	
6	Applesauce	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg./Juice	
166	BagelWG	0	0	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	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	
167	Cracked Chicken Spaghetti	0	0	0	0	0	0	140	Cheeseburger	0	0	0	0	0	0	Meat/Meat Alternate	
18	Broccoli	10	80	0	0	0	0	186	Tater tots	0	0	0	0	0	0	Fruit/Veg.	
93	Pineapple	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.	
56	Garlic Bread	12	100	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0	Grains	
Snack							Snack										
59	Grape Juice	16	20	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
130	Cheese String	0	0	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Fruit/Veg./Juice	
Wednesday, November 23, 2022							Thursday, November 24, 2022										
Breakfast							Breakfast										
80	Milk	12	100	0	0	0	0									Milk	
84	Juice	15	60	0	0	0	0									Fruit/Veg./Juice	
16	Muffin WG	30	130	0	0	0	0	187	Holiday No School	0	0	0	0	0	0	0	Grains
Lunch							Lunch										
80	Milk	12	100	0	0	0	0									Milk	
53	Fish	17	150	0	0	0	0									Meat/Meat Alternate	
75	Lima Beans	15	100	0	0	0	0									Fruit/Veg.	
77	Mandarin Oranges	12	60	0	0	0	0	187	Holiday No School	0	0	0	0	0	0	0	Fruit/Veg.
76	Mac & Cheese	17	115	0	0	0	0									Grains	
Snack							Snack										
80	Milk	12	100	0	0	0	0	187	Holiday No School	0	0	0	0	0	0	0	Milk
123	Yogurt	12	80	0	0	0	0									Fruit/Veg./Juice	
Friday, November 25, 2022																	
Breakfast																	
187	Holiday No School	0	0	0	0	0	0									Grains	
Lunch																	
187	Holiday No School	0	0	0	0	0	0									Milk	
Snack																	
187	Holiday No School	0	0	0	0	0	0									Meat/Meat Alternate	

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NOVEMBER MENU2022

WEEK 5															
Monday, November 28, 2022							Tuesday, November 29, 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	93	Pineapple	15	60	0	0	0	0
166	BagelWG	0	0	0	0	0	0	169	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
1	Chili and Cheese for 3 Way	0	0	0	0	0	0	177	General Tso Chicken (A) Chicken Nugg	0	0	0	0	0	0
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0	178	Stir fry Vegetable	0	0	0	0	0	0
93	Pineapple	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
45	Crackers	20	100	0	0	0	0	179	Rice	0	0	0	0	0	0
2	3 Way Spaghetti	0	0	0	0	0	0	Snack							
Snack							Snack								
77	Mandarin Oranges	12	60	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0
Wednesday, November 30, 2022							Thursday, December 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								
84	Juice	15	60	0	0	0	0								
16	Muffin WG	30	130	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								
129	Open-faced Roast Beef	0	0	0	0	0	0								
79	Mashed Potato	34	160	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
88	Peaches	12	60	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
Snack							Snack								
80	Milk	12	100	0	0	0	0								
102	Pretzels (Soft) WG	30	100	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
Friday, December 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	0	0	0	0	0	0								
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

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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