

# REDWOOD

# MENU

Month: April

Year: 2022

WEEK 1															
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
<b>Breakfast</b>							<b>Breakfast</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
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, 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
<b>Breakfast</b>							<b>Breakfast</b>								
A	See Last Month's Menu	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								89	Pears	12	80	0	0	0	0
								119	WafflesWG	15	80	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
A	See Last Month's Menu	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								220	Pork Tenderloin Sandwich(A) Chicken F	0	0	0	0	0	0
								99	Potato Chips (Staff) Smile faces (A&C )	25	165	0	0	0	0
								10	Banana	15	40	0	0	0	0
								121	Bread WG	12	80	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
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, September 2, 2022															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
21	CerealWG	15	100	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
158	Taco Salad (A) Taco (c )	0	0	0	0	0	0								
42	Corn (A )/Peas (c )	15	80	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
113	tortilla chips and salsa(A ) Flour tortilla	5	25	0	0	0	0								
74	Lettuce/Tomato/Sour cream(A)	22	65	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
142	Chex mix	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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# MENU

Month: April

Year: 2022

## WEEK 2

Monday, September 5, 2022								Tuesday, September 6, 2022							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>								<b>Breakfast</b>							
182	HOLIDAY/ NO SCHOOL	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								4	Apple Juice	12	60	0	0	0	0
								16	Muffin wg	30	130	0	0	0	0
<b>Lunch</b>								<b>Lunch</b>							
								80	Milk	12	100	0	0	0	0
								172	Chicken Tender Wrap (A) Chicken Nug	0	0	0	0	0	0
182	HOLIDAY/ NO SCHOOL	0	0	0	0	0	0	214	Lettuce & tomato(A) Green beans ©	0	0	0	0	0	0
								81	Mixed Fruit	15	100	0	0	0	0
								216	Soup(A)	0	0	0	0	0	0
								143	Tortilla	0	0	0	0	0	0
<b>Snack</b>								<b>Snack</b>							
								80	Milk	12	100	0	0	0	0
182	HOLIDAY/ NO SCHOOL	0	0	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
<b>Wednesday, September 7, 2022</b>								<b>Thursday, September 8, 2022</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
89	Pears	12	80	0	0	0	0	10	Banana	15	40	0	0	0	0
21	CerealWG	15	100	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
161	Cheese Bread Sticks	0	0	0	0	0	0	13	Big Boy Casserole	40	250	0	0	0	0
137	Salad/Dressing (A) Green Beans (C )	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
161	Cheese Bread Sticks	0	0	0	0	0	0	12	Bun	0	0	0	0	0	0
<b>Snack</b>								<b>Snack</b>							
150	Water	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
45	Crackers WG	20	100	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0
40	Cheese	0	0	0	0	0	0								
<b>Friday, September 9, 2022</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
89	Pears	12	80	0	0	0	0								
155	Bagel WG	0	0	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
210	Chicken & Waffles	0	0	0	0	0	0								
66	Hashbrowns	22	150	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
119	WafflesWG	15	80	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
25	COLD Cereal WG	29	210	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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# MENU

Month: April

Year: 2022

WEEK 3																
Monday, September 12, 2022							Tuesday, September 13, 2022									
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	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	14	Biscuits WG	12	130	0	0	0	0	Grains
<b>Lunch</b>							<b>Lunch</b>									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
92	Philly Steak/Cheese sliders	16	230	0	0	0	0	33	Chicken Patty	25	240	0	0	0	0	Meat/Meat Alternate
55	French Fries/Catsup	22	110	0	0	0	0	187	Broccoli Salad (A ) Broccoli ©	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.
12	Bun	0	0	0	0	0	0	12	Bun	0	0	0	0	0	0	Grains
<b>Snack</b>							<b>Snack</b>									
80	Milk	12	100	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	Milk
57	Goldfish Crackers WG	20	100	0	0	0	0	151	Soft Pretzel WG	15	125	0	0	0	0	Fruit/Veg./Juice
<b>Wednesday, September 14, 2022</b>							<b>Thursday, September 15, 2022</b>									
<b>Breakfast</b>							<b>Breakfast</b>									
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	93	Pineapple	15	60	0	0	0	0	Fruit/Veg./Juice
14	Biscuits WG	12	130	0	0	0	0	21	CerealWG	15	100	0	0	0	0	Grains
<b>Lunch</b>							<b>Lunch</b>									
132	Spaghettil/meat sauce/Cheese	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
112	Toss Salad (A) Peas (C )	5	25	0	0	0	0	63	Grilled Chicken	3	60	0	0	0	0	Meat/Meat Alternate
89	Pears	12	80	0	0	0	0	219	Brussel sprouts(A ) Green beans (C )	0	0	0	0	0	0	Fruit/Veg.
56	Garlic Bread	12	100	0	0	0	0	218	red skin potatoes(A) Mashed Potatoes (	0	0	0	0	0	0	Fruit/Veg.
<b>Snack</b>							<b>Snack</b>									
80	Milk	12	100	0	0	0	0	106	Roll	15	100	0	0	0	0	Grains
136	Graham Crackers WG	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
<b>Friday, September 16, 2022</b>							<b>Friday, September 16, 2022</b>									
<b>Breakfast</b>							<b>Breakfast</b>									
80	Milk	12	100	0	0	0	0	29	Cheese-Its WG	17	100	0	0	0	0	Fruit/Veg./Juice
10	Banana	15	40	0	0	0	0								Grains	
204	Cinnamon Roll	0	0	0	0	0	0								Grains	
<b>Lunch</b>							<b>Lunch</b>									
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	
<b>Snack</b>							<b>Snack</b>									
80	Milk	12	100	0	0	0	0								Milk	
25	COLD Cereal WG	29	210	0	0	0	0								Fruit/Veg./Juice	
														Grains		
														Meat/Meat Alternate		

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# MENU

Month: April

Year: 2022

WEEK 4																	
Monday, September 19, 2022								Tuesday, September 20, 2022									
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		Milk
4	Apple Juice	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0		Fruit/Veg./Juice
155	Bagel WG	0	0	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0		Grains
<b>Lunch</b>								<b>Lunch</b>									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0		Milk
215	Cracked Chicken Spaghetti	0	0	0	0	0	0	140	Hamburger w/cheese	0	0	0	0	0	0		Meat/Meat Alternate
18	Broccoli	10	80	0	0	0	0	200	Baked Beans (A) Green beans (C)	0	167	0	0	0	0		Fruit/Veg.
93	Pineapple	15	60	0	0	0	0	100	Potato Salad (A) mixed fruit (C)	25	150	0	0	0	0		Fruit/Veg.
56	Garlic Bread	12	100	0	0	0	0	73	Lett/Tom/Pickles(A)	5	45	0	0	0	0		Grains
<b>Snack</b>								<b>Snack</b>									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0		Milk
130	Cheese String	0	0	0	0	0	0	151	Soft Pretzel WG	15	125	0	0	0	0		Grains
<b>Wednesday, September 21, 2022</b>								<b>Thursday, September 22, 2022</b>									
<b>Breakfast</b>								<b>Breakfast</b>									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0		Milk
179	Juice	0	0	0	0	0	0	88	Peaches	12	60	0	0	0	0		Fruit/Veg./Juice
16	Muffin wg	30	130	0	0	0	0	204	Cinnamon Roll	0	0	0	0	0	0		Grains
<b>Lunch</b>								<b>Lunch</b>									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0		Milk
65	Ham & Cheese Sandwich	10	100	0	0	0	0	1	Chili and Cheese	0	0	0	0	0	0		Meat/Meat Alternate
147	Broccoli Soup	0	0	0	0	0	0	137	Salad/Dressing (A) Green Beans (C)	0	0	0	0	0	0		Fruit/Veg.
88	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0		Fruit/Veg.
121	Bread WG	12	80	0	0	0	0	45	Crackers WG	20	100	0	0	0	0		Grains
<b>Snack</b>								<b>Snack</b>									
80	Milk	12	100	0	0	0	0	2	3 Way Spaghetti	0	0	0	0	0	0		Grains
123	Yogurt	12	80	0	0	0	0	80	Milk	12	100	0	0	0	0		Milk
<b>Friday, September 23, 2022</b>								<b>105</b>									
<b>Breakfast</b>								<b>Breakfast</b>									
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	136	Graham Crackers WG	0	0	0	0	0	0		Fruit/Veg./Juice
119	WafflesWG	15	80	0	0	0	0										Grains
<b>Lunch</b>								<b>Lunch</b>									
80	Milk	12	100	0	0	0	0										Milk
65	Ham & Cheese Sandwich	10	100	0	0	0	0										Meat/Meat Alternate
101	Potato Wedges	15	145	0	0	0	0										Fruit/Veg.
10	Banana	15	40	0	0	0	0										Fruit/Veg.
121	Bread WG	12	80	0	0	0	0										Grains
12	Bun	0	0	0	0	0	0										Grains
<b>Snack</b>								<b>Snack</b>									
80	Milk	12	100	0	0	0	0										Milk
25	COLD Cereal WG	29	210	0	0	0	0										Fruit/Veg./Juice
																	Grains
																	Meat/Meat Alternate

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# MENU

Month: April

Year: 2022

WEEK 5																
Monday, September 26, 2022								Tuesday, September 27, 2022								
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	
89	Pears	12	80	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	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
145	Chicken Alfredo	30	300	0	0	0	0	129	Open-faced Roast Beef	0	0	0	0	0	0	
112	Toss Salad (A) Peas (C)	5	25	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0	
22	Cantalope	10	35	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
56	Garlic Bread	12	100	0	0	0	0	121	Bread WG	12	80	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
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	151	Soft Pretzel WG	15	125	0	0	0	0	
<b>Wednesday, September 28, 2022</b>								<b>Thursday, September 29, 2022</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	
179	Juice	0	0	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	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
189	General Tso chicken (A) Chicken Nugg	0	0	0	0	0	0	209	Beef Nachos (A) Tacos©	0	0	0	0	0	0	
175	Stir Fry Vegetables	0	0	0	0	0	0	97	Refried Beans	30	150	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0	
105	Rice	22	210	0	0	0	0	160	Tortilla Chips( A ) Soft Tortilla (C )	0	0	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	
123	Yogurt	12	80	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0	
<b>Friday, September 30, 2022</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
6	Applesauce	15	60	0	0	0	0									
119	WafflesWG	15	80	0	0	0	0									
<b>Lunch</b>																
80	Milk															
154	Chicken Ceasar Salad (A ) Chicken Nuggets(C )															
214	Lettuce & tomato(A) Green beans ©															
10	Banana															
45	Crackers WG															
216	Soup(A)	0	0	0	0	0	0									
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									
25	COLD Cereal WG	29	210	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.  
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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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