REDWOOD

May Menu 2025

							WEE	K 1							
#	Monday, Apr			D	F-4	F:1.	0	lt	Tuesday, A			D.	F-4	F:L	0-:
tem#	Menu Items Breakfast	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod	Item#	Menu Items Breakfast	Carb	Cal	Pro	Fat	Fib	Sod
	Dieariast								Dieariast						
Α	See Last Month's Menu	0	0	0	0	0	0	Α	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	Α	See Last Month's Menu	0	0	0	0	0	0
А	See Last World's Werld	- 0	U	U	U	U	U	A	See Last Month's Menu	- 0	U	U	U	0	U
	Snack								Snack						
Α	See Last Month's Menu	0	0	0	0	0	0	Α	See Last Month's Menu	0	0	0	0	0	0
	Wednesday, A	oril 30, 20	25			1	1		Thursday, I	May 1, 202	25				
tem#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items						
	Breakfast								Breakfast						
								80	Milk	12	100	0	0	0	0
^	Cool oot Month's Many	0	0	0	0	0	0	88 54	Peaches	12 12	60 180	0	0	0	0
Α	See Last Month's Menu	0	0	U	U	0	U	54	Fr. Toast/Syrup-Wheat(A)	12	180	U	U	U	U
	Lunch								Lunch						
	Eurion							80	Milk	12	100	0	0	0	0
								200	Chicken Philly Sand	0	0	0	0	0	0
A	See Last Month's Menu	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
								81	Mixed Fruit	15	100	0	0	0	0
								12	Bun WG	0	0	0	0	0	0
	Snack								Snack						
	Silack							80	Milk	12	100	0	0	0	0
Α	See Last Month's Menu	0	0	0	0	0	0	- 00			100			-	
								30	Chex Mix	12	80	0	0	0	0
	Friday, Ma	2, 2025		,											
tem#	Menu Items Breakfast							l							
80	Milk	12	100	0	0	0	0	l							
77	Mandarin Oranges	12	60	0	0	0	0	1							
123	Yogurt	12	80	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0	l							
161 112	Cheese Bread Stick Toss Salad (A) Peas (C)	0 5	0 25	0	0	0	0	ł							
93	Pineapple	15	60	0	0	0	0	ł							
-		1.5	00	Ť				1							
80	Milk	12	100	0	0	0	0	1							
	Snack														
	Milk	12	100	0	0	0	0								
80								4							
80	Banana	15	40	0	0	0	0	1							

REDWOOD

May Menu 2025

							WEE	K 2								
	Monday, May 5								Tuesday, May	•						
Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb	<u>Cal</u>	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	<u>Sod</u>	
00	Breakfast	10	400	_	_	_	_	00	Breakfast	10	400	_	_	_	_	MCII.
80 77	Milk Mandarin Oranges	12 12	100 60	0	0	0	0	80 4	Milk Apple Juice	12 12	100 60	0	0	0	0	Milk Fruit/Veg./Juice
14	Biscuits	12	130	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0	Grains
14	Discuits	12	130	U	U	0	0	103	Cirinamon Hon	0	U	U	U	0	U	Grains
	Lunch								Lunch							Grams
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
32	Fajitas/Cheese	22	290	0	0	0	0	207	Rueben Sliders	0	0	0	0	0	0	Meat/Meat Alter
97	Refried Beans	30	150	0	0	0	0	208	Potato Pancakes	0	0	0	0	0	0	Fruit/Veg.
39	Cinnamon Apples	17	120	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg.
74	Lettuce/Tomato/Sour cream (A)	22	65	0	0	0	0									Grains
143	Flour Tortilla	0	0	0	0	0	0	12	Bun WG	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
														_		Fruit/Veg./Juice
105	Cereal WG	0	0	0	0	0	0	117	Vanilla Wafers WG	17	120	0	0	0	0	Grains
	Wednesday May	. 7 000	E						Thursday May	. 0 000	F					Meat/Meat Alter
liane#	Wednesday, May			Des	F-t	File	Cod	lka ma''	Thursday, Ma	y 6, 202	o .					
Item#	Menu Items Breakfast	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items 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	88	Peaches	12	60	0	0	0	0	Fruit/Veg./Juice
146	Waffles WG	0	0	0	0	0	0	120	Bagel	0	0	0	0	0	0	Grains
140	Trumes Tru		-			Ů		120	Bugoi	Ů	-			_	Ů	Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
158	Chicken Tender Wrap (A) Chicken nug	0	0	0	0	0	0	98	Pork Roast	15	100	0	0	0	0	Meat/Meat Altern
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0	153	Brussel Sprouts (A) Green Beans (C)	0	0	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	209	Roasted Potatoes	0	0	0	0	0	0	Fruit/Veg.
12	Bun WG	0	0	0	0	0	0	106	Roll	15	100	0	0	0	0	Grains
183	Potato chips (A)	0	0	0	0	0	0									Grains
	Snack	10	100						Snack	40	100					
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
								57	Only finds Over the weak NA	00	400	0	0	0	0	Fruit/Veg./Juice
123	Yogurt	12	80	0	0	0	0	5/	Goldfish Crackers WG	20	100	U	U	U	0	Grains Meat/Meat Alterr
123	Friday, May 9,		00	U	U	U	U									Weat/Weat Alteri
Item#	Menu Items	2023	1	1	ı	1	1									
ICIII#	Breakfast							i								
80	Milk	12	100	0	0	0	0	1								Milk
89	Pears	12	80	0	0	0	0	1								Fruit/Veg./Juice
83	Oatmeal	29	210	0	0	0	0	1								Grains
]								Grains
	Lunch							I								
80	Milk	12	100	0	0	0	0									Milk
65	Ham Sandwich	10	100	0	0	0	0]								Meat/Meat Alter
100	Potato Salad(A) Carots (C)	25	150	0	0	0	0									Fruit/Veg.
10	Banana	15	40	0	0	0	0	l								Fruit/Veg.
101	December 2000	40	60	_	_	_	_									Grains
121	Bread WG	12	80	0	0	0	0	l								Grains
	Snack Milk	12	100			0										NA:II.
00		1 12	100	0	0	0	0									Milk
80				Λ	٥	0	^	1								Eruit/Voa / Iviaa
	Mandarin Oranges	12	60	0	0	0	0	1								Fruit/Veg./Juice Grains

WEEK 3

REDWOOD

May Menu 2025

	Monday, Ma	w 12 2025							Tuonday M	ov 12 201) =					
Item#	Menu Items	2025 Carb	Cal	Pro	Fat	Fib	Sod	Item#	Tuesday, M Menu Items	Carb		Pro	Fat	Fib	Sod	
ILCIII#	Breakfast	Carb	Cai	<u> </u>	<u>ı aı</u>	110	300	iteiii#	Breakfast	Caib	Cai	<u> </u>	<u>I at</u>	1 10	300	
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
59	Juice	16	20	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Ve
123	Yogurt	12	80	0	0	0	0	141	Pancakes	35	210	0	0	0	0	Grains
0	rogart			Ů			Ů		. andanos	- 00				Ů		Grains
	Lunch								Lunch							G. G. I
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
51	Eggs Scrambled w/Cheese	25	100	0	0	0	0	176	Chicken Alfredo	0	0	0	0	0	0	Meat/Me
66	Hashbrown	22	150	0	0	0	0	18	Broccoli	10	80	0	0	0	0	Fruit/Ve
81	Mixed Fruit	15	100	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Ve
14	Biscuits	12	130	0	0	0	0	206	Pasta	0	0	0	0	0	0	Grains
15	Sausage Gravy (A)	19	210	0	0	0	0	56	Garlic Bread	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
																Fruit/Ve
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
																Meat/Me
	Wednesday,	May 14, 202	25						Thursday, N	lay 15, 20	25					
tem#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items							
	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	89	Pears	12	80	0	0	0	0	Fruit/Ve
14	Biscuits	12	130	0	0	0	0	16	Muffin WG	30	130	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
198	Hawiian Pork	0	0	0	0	0	0	63	Grilled Chicken Sandwich	17	60	0	0	0	0	Meat/Me
199	Asian Slaw (A) Peas(C)	0	0	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0	Fruit/Ve
93	Pineapple	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Ve
122	Bun	12	100	0	0	0	0	12	Bun WG	0	0	0	0	0	0	Grains
																Grains
00	Snack	40	100	_	_	_	_	00	Snack	10	100			_	0	A 4:II.
80	Milk	12	100	0	0	0	0	80 77	Milk	12	100	0	0	0	0	Milk
136	Graham Crackers WG	0	0	0	0	0	0	- //	Mandarin Oranges	12	60	0	0	U	0	Fruit/Veg
136	Granam Crackers WG	0	U	U	U	0	0									Grains Meat/Me
	Friday, Ma	v 16 2025														ivieat/ivie
A#	Menu Items	y 10, 2023		_		1	1									
tem#	Breakfast															
80	Milk	12	100	0	0	0	0									Milk
89	Pears	12	80	0	0	0	0									Fruit/Veg
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0									Grains
J-1	cast cyrap *****oat(/*)		100		-	Ŭ										Grains
	Lunch															Jiunio
80	Milk	12	100	0	0	0	0									Milk
195	Meatball Hoagy	0	0	0	0	0	0									Meat/Me
55	French Fries/Catsup	22	110	0	0	0	0									Fruit/Ve
22	Cantalope	10	80	0	0	0	0									Fruit/Ve
																Grains
121	Bread WG	12	80	0	0	0	0									Grains
	Snack															
80	Milk	12	100	0	0	0	0									Milk
																Fruit/Veg
																Grains
						0										

REDWOOD

May Menu 2025

							WEE	K 4								
Monday, May 19, 2025 Tuesday, May 20, 2025																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	
	Breakfast								Breakfast							
	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
	Banana	15	40	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	Fruit/Ve
16	Muffin WG	30	130	0	0	0	0	123	Yogurt	12	80	0	0	0	0	Grains
																Grains
00	Lunch	- 10	100		_	_			Lunch	40	100					
	Milk Chicken & Waffles	12 0	100	0	0	0	0	80 205	Milk Beef Stew	12	100	0	0	0	0	Milk
	Hashbrown Casserole	25	200	0	0	0	0	131	Spring Salad (A) Green Beans (C)	0	0	0	0	0	0	Meat/Me Fruit/Ve
	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Ve
	Waffles WG	0	0	0	0	0	0	14	Biscuits	12	130	0	0	0	0	Grains
140	vvailes vva		U	U	-	0	0	- '-	Discuts	12	100	U	_	_	U	Grains
	Snack								Snack							aramo
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Ve
21 (Cereal WG	15	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
																Meat/Me
	Wednesday, May	21, 20	25						Thursday, May	22, 20	25					
Item#	Menu Items	Carb		<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items							
	Breakfast								Breakfast							
	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
	Cranraisins	15	50	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Ve
49 (Cream of Wheat	24	110	0	0	0	0	166	BagelWG	0	0	0	0	0	0	Grains
	 															Grains
00	Lunch	40	100	_		_	_	00	Lunch	10	100	_				A CU.
	Milk Chipotle Bowl(A) Chicken Nuggets(C)	12	100	0	0	0	0	80 132	Milk Spaghetti/Meatsauce/Cheese	12	100	0	0	0	0	Milk
	Corn (A) Peas (C)	15	80	0	0	0	0	113	Toss Salad (A) Carrots (C)	5	25	0	0	0	0	Meat/Me Fruit/Veg
	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Ve
	Rice	0	0	0	0	0	0	93	Гіпеарріе	15	60	U	U		U	Grains
	Chips and Salsa/Guacamole (A)	0	0	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0	Grains
	Snack	Ť	Ů	Ů	_			- 00	Snack		100	Ů	_	Ů	0	Ciranio
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
			.,,,				_				.,,,	-				Fruit/Veg
136	Graham Crackers WG	0	0	0	0	0	0									Grains
								123	Yogurt	12	80	0	0	0	0	Meat/Me
	Friday, May 23	, 2025														
Item#	Menu Items]								
	Breakfast															
	Milk	12	100	0	0	0	0									Milk
	Peaches	12	60	0	0	0	0									Fruit/Veg
16 I	Muffin WG	30	130	0	0	0	0	l								Grains
																Grains
00	Lunch	10	100		_	0										A CU.
	Milk	12	100	0	0	0	0	ł								Milk
	Turkey Cheese Sandwiches Brocccoli Salad (A) Broccoli (C)	12 0	230	0	0	0	0	ł								Meat/Me Fruit/Ve
	Peaches	12	60	0	0	0	0	ł								Fruit/Veg
00	I CAUTES	12	80	U	U	U	U	l								Grains
121	Bread WG	12	80	0	0	0	0									Grains
121	Snack	14	30	0	J	0	0	l								Granis
80	Milk	12	100	0	0	0	0									Milk
	Banana	15	40	0	0	0	0	1								Fruit/Ve
		- 10		<u> </u>	Ť	Ť	Ť	1								Grains
																Giailis

REDWOOD

May Menu 2025

							WEE	K 5								
	Monday, May	26, 2025														
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod	
	Breakfast								Breakfast							
								80	Milk	12	100	0	0	0	0	Milk
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	141	Pancakes	35	210	0	0	0	0	Fruit/Veg./Ju
								77	Mandarin Oranges	12	60	0	0	0	0	Grains
																Grains
	Lunch								Lunch							
								80	Milk	12	100	0	0	0	0	Milk
								37	Chicken Tenders	25	240	0	0	0	0	Meat/Meat A
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.
								93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
								106	Roll	15	100	0	0	0	0	Grains
																Grains
	Snack								Snack							
								80	Milk	12	100	0	0	0	0	Milk
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0									Fruit/Veg./Jui
								3	Animal Crackers	12	100	0	0	0	0	Grains
																Meat/Meat Al
	Wednesday, Ma	y 28, 20	25						Thursday, Ma	y 29, 20	25					
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items							
	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	10	Banana	15	40	0	0	0	0	Fruit/Veg./Jui
16	Muffin WG	30	130	0	0	0	0	169	Cinnamon Roll	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
192	CHUCK ROAST	0	0	0	0	0	0	210	Turkey Melt	0	0	0	0	0	0	Meat/Meat Al
79	Mashed Potato	34	160	0	0	0	0	151	Sweet Potato Tots	0	0	0	0	0	0	Fruit/Veg.
61	Green Beans	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
																Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0									Milk
								84	Juice	15	60	0	0	0	0	Fruit/Veg./Juid
102	Pretzels (Soft) WG	30	100	0	0	0	0									Grains
								123	Yogurt	12	80	0	0	0	0	Meat/Meat Alt
	Friday, May 3	30, 2025														
Item#	Menu Items]								
	Breakfast							1								
80	Milk	12	100	0	0	0	0	1								Milk
46	Cranraisins	15	50	0	0	0	0	1								Fruit/Veg./Jui
21	Cereal WG	15	100	0	0	0	0	1								Grains
																Grains
	Lunch															
80	Milk	12	100	0	0	0	0									Milk
138	Chicken Patty	0	0	0	0	0	0									Meat/Meat Al
55	French Fries/Catsup	22	110	0	0	0	0	1								Fruit/Veg.
5	Apple Slices	8	30	0	0	0	0									Fruit/Veg.
12	Bun WG	0	0	0	0	0	0	1								Grains
								1								Grains
								1								
	Snack															
80	Milk	12	100	0	0	0	0									Milk
80		12	100	0	0	0	0									
80		12	100	0	0	0	0									Milk Fruit/Veg./Jui Grains