

REDWOOD

May Menu 2025

WEEK 1															
Monday, April 28, 2025								Tuesday, April 29, 2025							
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, April 30, 2025								Thursday, May 1, 2025							
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
								88	Peaches	12	60	0	0	0	0
A	See Last Month's Menu	0	0	0	0	0	0	54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0
	Lunch								Lunch						
								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						
								80	Milk	12	100	0	0	0	0
A	See Last Month's Menu	0	0	0	0	0	0								
								30	Chex Mix	12	80	0	0	0	0
Friday, May 2, 2025															
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								
123	Yogurt	12	80	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
161	Cheese Bread Stick	0	0	0	0	0	0								
112	Toss Salad (A) Peas (C )	5	25	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
80	Milk	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.  
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Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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

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

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May Menu 2025

WEEK 2															
Monday, May 5, 2025								Tuesday, May 6, 2025							
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
77	Mandarin Oranges	12	60	0	0	0	0	4	Apple Juice	12	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	165	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
32	Fajitas/Cheese	22	290	0	0	0	0	207	Rueben Sliders	0	0	0	0	0	0
97	Refried Beans	30	150	0	0	0	0	208	Potato Pancakes	0	0	0	0	0	0
39	Cinnamon Apples	17	120	0	0	0	0	88	Peaches	12	60	0	0	0	0
74	Lettuce/Tomato/Sour cream (A )	22	65	0	0	0	0								
143	Flour Tortilla	0	0	0	0	0	0	12	Bun WG	0	0	0	0	0	0
	Snack								Snack						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
105	Cereal WG	0	0	0	0	0	0	117	Vanilla Wafers WG	17	120	0	0	0	0
Wednesday, May 7, 2025								Thursday, May 8, 2025							
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
89	Pears	12	80	0	0	0	0	88	Peaches	12	60	0	0	0	0
146	Waffles WG	0	0	0	0	0	0	120	Bagel	0	0	0	0	0	0
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
158	Chicken Tender Wrap (A) Chicken nugg	0	0	0	0	0	0	98	Pork Roast	15	100	0	0	0	0
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
81	Mixed Fruit	15	100	0	0	0	0	209	Roasted Potatoes	0	0	0	0	0	0
12	Bun WG	0	0	0	0	0	0	106	Roll	15	100	0	0	0	0
183	Potato chips (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
								57	Goldfish Crackers WG	20	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0								
Friday, May 9, 2025															
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
89	Pears	12	80	0	0	0	0								
83	Oatmeal	29	210	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
65	Ham Sandwich	10	100	0	0	0	0								
100	Potato Salad(A ) Carots (C )	25	150	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								
77	Mandarin Oranges	12	60	0	0	0	0								

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

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WEEK 3															
Monday, May 12, 2025								Tuesday, May 13, 2025							
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
59	Juice	16	20	0	0	0	0	6	Applesauce	15	60	0	0	0	0
123	Yogurt	12	80	0	0	0	0	141	Pancakes	35	210	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
51	Eggs Scrambled w/Cheese	25	100	0	0	0	0	176	Chicken Alfredo	0	0	0	0	0	0
66	Hashbrown	22	150	0	0	0	0	18	Broccoli	10	80	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	88	Peaches	12	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	206	Pasta	0	0	0	0	0	0
15	Sausage Gravy (A)	19	210	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0
Snack								Snack							
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	102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, May 14, 2025								Thursday, May 15, 2025							
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
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0
14	Biscuits	12	130	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
198	Hawian Pork	0	0	0	0	0	0	63	Grilled Chicken Sandwich	17	60	0	0	0	0
199	Asian Slaw (A) Peas(C )	0	0	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0
93	Pineapple	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0
122	Bun	12	100	0	0	0	0	12	Bun WG	0	0	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
								77 Mandarin Oranges							
136	Graham Crackers WG	0	0	0	0	0	0								
Friday, May 16, 2025															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
89	Pears	12	80	0	0	0	0								
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
195	Meatball Hoagy	0	0	0	0	0	0								
55	French Fries/Catsup	22	110	0	0	0	0								
22	Cantalope	10	80	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
130	Cheese String	0	0	0	0	0	0								

Milk  
Fruit/Veg./Juice  
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Milk  
Meat/Meat Alternate  
Fruit/Veg.  
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WEEK 4															
Monday, May 19, 2025								Tuesday, May 20, 2025							
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
10	Banana	15	40	0	0	0	0	4	Apple Juice	12	60	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	123	Yogurt	12	80	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
162	Chicken & Waffles	0	0	0	0	0	0	205	Beef Stew	0	0	0	0	0	0
67	Hashbrown Casserole	25	200	0	0	0	0	131	Spring Salad (A) Green Beans (C )	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
146	Waffles WG	0	0	0	0	0	0	14	Biscuits	12	130	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, May 21, 2025								Thursday, May 22, 2025							
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
46	Cranraisins	15	50	0	0	0	0	6	Applesauce	15	60	0	0	0	0
49	Cream of Wheat	24	110	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
211	Chipotle Bowl(A) Chicken Nuggets(C )	0	0	0	0	0	0	132	Spaghetti/Meatsauce/Cheese	0	0	0	0	0	0
42	Corn (A) Peas (C )	15	80	0	0	0	0	113	Toss Salad (A) Carrots (C )	5	25	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
179	Rice	0	0	0	0	0	0								
212	Chips and Salsa/Guacamole (A)	0	0	0	0	0	0	56	Garlic Bread	12	100	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, May 23, 2025															
Item#	Menu Items														
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								
115	Turkey Cheese Sandwiches	12	230	0	0	0	0								
175	Brocccoli Salad (A ) Broccoli (C )	0	0	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
121	Bread WG	12	80	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  
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May Menu 2025

WEEK 5															
Monday, May 26, 2025								Tuesday, May 27, 2025							
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
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	141	Pancakes	35	210	0	0	0	0
								77	Mandarin Oranges	12	60	0	0	0	0
	Lunch								Lunch						
								80	Milk	12	100	0	0	0	0
								37	Chicken Tenders	25	240	0	0	0	0
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
								93	Pineapple	15	60	0	0	0	0
								106	Roll	15	100	0	0	0	0
	Snack								Snack						
								80	Milk	12	100	0	0	0	0
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								
								3	Animal Crackers	12	100	0	0	0	0
Wednesday, May 28, 2025								Thursday, May 29, 2025							
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
88	Peaches	12	60	0	0	0	0	10	Banana	15	40	0	0	0	0
16	Muffin WG	30	130	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
192	CHUCK ROAST	0	0	0	0	0	0	210	Turkey Melt	0	0	0	0	0	0
79	Mashed Potato	34	160	0	0	0	0	151	Sweet Potato Tots	0	0	0	0	0	0
61	Green Beans	10	80	0	0	0	0	89	Pears	12	80	0	0	0	0
106	Roll	15	100	0	0	0	0	121	Bread WG	12	80	0	0	0	0
	Snack								Snack						
80	Milk	12	100	0	0	0	0								
								84	Juice	15	60	0	0	0	0
102	Pretzels (Soft) WG	30	100	0	0	0	0								
								123	Yogurt	12	80	0	0	0	0
Friday, May 30, 2025															
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
46	Cranraisins	15	50	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
138	Chicken Patty	0	0	0	0	0	0								
55	French Fries/Catsup	22	110	0	0	0	0								
5	Apple Slices	8	30	0	0	0	0								
12	Bun WG	0	0	0	0	0	0								
	Snack														
80	Milk	12	100	0	0	0	0								
136	Graham Crackers WG	0	0	0	0	0	0								

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

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