

REDWOOD

July 2024 Menu

WEEK 1															
Monday, June 30, 2025								Tuesday, July 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
A	See Last Month's Menu	0	0	0	0	0	0	93	Pineapple	15	60	0	0	0	0
								123	Yogurt	12	80	0	0	0	0
	Lunch								Lunch						
								80	Milk	12	100	0	0	0	0
								193	Chipotle Bowl	0	0	0	0	0	0
A	See Last Month's Menu	0	0	0	0	0	0	194	Black Beans (A) Peas (C )	0	0	0	0	0	0
								5	Apple Slices	8	30	0	0	0	0
								74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0
								167	Chips Queso	0	0	0	0	0	0
	Snack								Snack						
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, July 2, 2025								Thursday, July 3, 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	10	Banana	15	40	0	0	0	0
14	Biscuits	12	130	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
148	Ham sandwich	0	0	0	0	0	0	158	Chicken Tender Salad (A) Chicken Nugs	0	0	0	0	0	0
101	Potato Wedges	25	100	0	0	0	0	113	Toss Salad (A)Broccoli(C )	5	25	0	0	0	0
184	Cantalope	0	0	0	0	0	0	88	Peaches	12	60	0	0	0	0
121	Bread WG	12	80	0	0	0	0	106	Roll	15	100	0	0	0	0
	Snack								Snack						
								80	Milk	12	100	0	0	0	0
4	Juice	12	60	0	0	0	0	3	Animal Crackers	12	100	0	0	0	0
57	Goldfish Crackers WG	20	100	0	0	0	0								
Friday, July 4, 2025															
Item#	Menu Items														
	Breakfast														
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								
	Lunch														
A	See Last Month's Menu	0	0	0	0	0	0								
	Snack														
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								

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WEEK 2															
Monday, July 7, 2025								Tuesday, July 8, 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
6	Applesauce	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
17	Muffin WG	15	100	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	80	Milk	12	100	0	0	0	0
138	Chicken Patty	0	0	0	0	0	0	196	Cheeseburger	0	0	0	0	0	0
18	Broccoli	10	80	0	0	0	0	172	Cucumber&Tomato (A) Pears( C)	0	0	0	0	0	0
88	Peaches	12	60	0	0	0	0	176	Watermelon	0	0	0	0	0	0
12	Wheat Bun WG	0	0	0	0	0	0	197	Baked Beans (A)	0	0	0	0	0	0
Snack								122	WG Bun	12	100	0	0	0	0
80	Milk	12	100	0	0	0	0	Snack							
77	Mandarin Oranges	12	60	0	0	0	0	80	Milk	12	100	0	0	0	0
Wednesday, July 9, 2025								123	Yogurt	12	80	0	0	0	0
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Thursday, July 10, 2025							
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	89	Pears	12	80	0	0	0	0
83	Oatmeal WG	29	210	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	80	Milk	12	100	0	0	0	0
51	Eggs Scrambled	25	100	0	0	0	0	11	BBQ	0	0	0	0	0	0
67	Hashbrown Casserole	25	200	0	0	0	0	41	Cole Slaw (A) Carrots (C )	12	110	0	0	0	0
184	Cantalope	0	0	0	0	0	0	10	Banana	15	40	0	0	0	0
14	Biscuits	12	130	0	0	0	0	122	WG Bun	12	100	0	0	0	0
15	Gravy for Biscuits (A )	19	210	0	0	0	0	188	Chips (a)	0	0	0	0	0	0
Snack								Snack							
59	Juice	16	20	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	117	Vanilla Wafers	17	120	0	0	0	0
Friday, July 11, 2025															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
120	Bagel	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
128	Chef Salad ( A ) / Turkey Sandwich ( C)	0	0	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
156	Lettuce(A ) Green Beans (C )	0	0	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
95	Pretzel	15	50	0	0	0	0								

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WEEK 3															
Monday, July 14, 2025								Tuesday, July 15, 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
88	Peaches	12	60	0	0	0	0	46	Cranraisins	15	50	0	0	0	0
21	Cereal WG	15	100	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
65	Ham & Cheese Sandwich	10	100	0	0	0	0	182	Baked Potato W/ cheese	0	0	0	0	0	0
151	Sweet Potato Tots	0	0	0	0	0	0	18	Broccoli	10	80	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	184	Cantalope	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	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, July 16, 2025								Thursday, July 17, 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	6	Applesauce	15	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	96	Pancakes WG	35	225	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	183	Cracked Chicken Spaghetti	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	112	Toss Salad(A ) Carrots(C )	5	25	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
122	WG Bun	12	100	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
30	Chex Mix	12	80	0	0	0	0	10	Banana	15	40	0	0	0	0
Friday, July 18, 2025															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
36	Chicken Salad	25	100	0	0	0	0								
101	Potato Wedges	25	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								
157	Crossiant	0	0	0	0	0	0								
Snack															
59	Juice	16	20	0	0	0	0								
123	Yogurt	12	80	0	0	0	0								

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WEEK 4															
Monday, July 21, 2025								Tuesday, July 22, 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	89	Pears	12	80	0	0	0	0
146	Waffles WG	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	80	Milk	12	100	0	0	0	0
37	Chicken Tenders (a) Chicken Nugget (c)	25	240	0	0	0	0	189	Beef Nachos (A) Tacos (C )	0	0	0	0	0	0
62	Green Beans (c)	10	80	0	0	0	0	166	Refried Beans	0	0	0	0	0	0
89	Pears	12	80	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0
76	Mac & Cheese	17	115	0	0	0	0	167	Chips Queso	0	0	0	0	0	0
Snack								74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0
Snack								Snack							
59	Juice	16	20	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, July 23, 2025								Thursday, July 24, 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
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
14	Biscuits	12	130	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
115	Turkey Cheese/Wheat	12	230	0	0	0	0	107	Sausage/Egg & Cheese Biscuit WG	20	210	0	0	0	0
101	Potato Wedges	25	100	0	0	0	0	66	Hashbrown	22	150	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
121	Bread WG	12	80	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
4	Juice	12	60	0	0	0	0								
123	Yogurt	12	80	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0
Friday, July 25, 2025															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
124	Tuna Salad	0	0	0	0	0	0								
48	Cream of Potato Soup	30	150	0	0	0	0								
10	Banana	15	40	0	0	0	0								
190	Crossiant	0	0	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
57	Goldfish Crackers WG	20	100	0	0	0	0								

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WEEK 5															
Monday, July 28, 2025								Tuesday, July 29, 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
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
120	Bagel	0	0	0	0	0	0	17	Muffin WG	15	100	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
132	Spaghetti/Meatball/Cheese	0	0	0	0	0	0	178	Rueben (A) Turkey Sanwich( C )	0	0	0	0	0	0
112	Toss Salad(A ) Carrots(C )	5	25	0	0	0	0	179	Potato PanCakes	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
56	Garlic Bread	12	100	0	0	0	0	121	Bread WG	12	80	0	0	0	0
Snack								Snack							
4	Juice	12	60	0	0	0	0	80	Milk	12	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0
Wednesday, July 30, 2025								Thursday, July 31, 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
88	Peaches	12	60	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
195	Bossco Cheese Bread Sticks	0	0	0	0	0	0	161	Cheese Coney (A) Hamburger (C )	0	0	0	0	0	0
82	Caesar Salad (A ) Green Beans (C )	12	80	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
Snack								122	WG Bun	12	100	0	0	0	0
80	Milk	12	100	0	0	0	0	Snack							
30	Chex Mix	12	80	0	0	0	0	80	Milk	12	100	0	0	0	0
Friday, August 1, 2025								130	Cheese String	0	0	0	0	0	0
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								

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