#### **REDWOOD**

## **November Menu2023**

							WEE	K 1							
	Monday, October	30, 20	23						Tuesday, Octo	ber 31, 2	023				
ltem#	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						
Α	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						
Α	See Last Month's Menu	0	0	0	0	0	0	Α	See Last Month's Menu	0	0	0	0	0	0
	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, Novem								Thursday, November 2, 2023						
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
80	Breakfast Milk	12	100	0	0	0	0	80	Breakfast Milk	12	100	0	0	0	0
89	Pears	12	80	0	0	0	0	93	Pineapple	15	60	0	0	0	0
146	Waffles WG	0	0	0	0	0	Ö	165	Cinnamon Roll	0	0	0	0	Ö	0
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
182	Cheese Coney (A) Hamburger w/Chees	0	0	0	0	0	0	115	Turkey Cheese Sandwiches	12	230	0	0	0	0
193	Potato Wedges	0	0	0	0	0	0	194	Broccoli Salad (A) Broccoli (C)	0	0	0	0	0	0
77 12	Mandarin Oranges	12	60	0	0	0	0	88	Peaches Proof WC	12 12	60 80	0	0	0	0
12	Wheat Bun	0	0	U	0	U	U	121	Bread WG	12	80	0	U	U	0
	Snack								Snack						
80	Milk	12	100	0	0	0	0	59	Grape Juice	16	20	0	0	0	0
57	Goldfish Crackers WG	20	100	0	0	0	0								
								123	Yogurt	12	80	0	0	0	0
Item#	Friday, Novembe Menu Items	r 3, 202	23		ı		I								
	Breakfast														
80	Milk	12	100	0	0	0	0								
77 141	Mandarin Oranges Pancakes	12 35	60 210	0	0	0	0								
141		33	210	U	U	0	U								
	Lunch	- 10	100	_											
80 180	Milk Beef Nachos (A ) Taco (C )	12 0	100	0	0	0	0								
97	Refried Beans	30	150	0	0	0	0								
5	Apple Slices	8	30	0	0	0	0								
74	Lettuce/Tomato/Sour cream (A)	22	65	0	0	0	0								
142	flour tortilla (c ) Tortilla Chips (A)	0	0	0	0	0	0								
80	Snack Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								

### **REDWOOD**

# **November Menu2023**

WEEK 2																
	Monday, Novembe	er 6, 20	23						Tuesday, Nover	nber 7, 2	2023					
Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	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	84	Juice	15	60	0	0	0	0	Fruit/Veg./Jui
21	Cereal WG	15	100	0	0	0	0	16	Muffin WG	30	130	0	0	0	0	Grains
	Lunch								Lunch							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
139	Sloppy Joe	0	0	0	0	0	0	195	Trio Salad (A) Ham Sandwich (C)	0	0	0	0	0	0	Meat/Meat Alt
41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	118	Vegetable Soup	22	180	0	0	0	0	Fruit/Veg.
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
	. 64.6							0.	Timod I Tall	1.0						Grains
122	Bun	12	100	0	0	0	0	45	Crackers	20	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
6	Applesauce	15	60	0	0	0	0									Fruit/Veg./Juio
								117	Vanilla Wafers	17	120	0	0	0	0	Grains
																Meat/Meat Alt
	Wednesday, Novem								Thursday, Nove	mber 9,	2023					
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	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	89	Pears	12	80	0	0	0	0	Fruit/Veg./Juid
21	Cereal WG	15	100	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0	Grains
	Lunch								Lunch							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
190	Baked Potato w/cheese	0	0	0	0	0	0	37	Chicken Tenders	25	240	0	0	0	0	Meat/Meat Alt
18	Broccoli	10	80	0	0	0	0	61	Green Beans	10	80	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
106	Roll	15	100	0	0	0	0									Grains
								76	Mac & Cheese	17	115	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./Juio
								57	Goldfish Crackers WG	20	100	0	0	0	0	Grains
123	Yogurt	12	80	0	0	0	0									Meat/Meat Alte
	Friday, November	10, 20	23													
Item#	Menu Items															
00	Breakfast	40	100													NACII.
80	Milk	12 12	100 80	0	0	0	0									Milk Fruit/Voa / Iuis
89 166	Pears BagelWG	12	0	0	0	0	0									Fruit/Veg./Juic Grains
100	Dayervva	U	U	U	U	U	U									Grains
	Lunch															GIAIIIS
80	Milk	12	100	0	0	0	0									Milk
181	Chicken Caesar Salad(A) chiken sandw	0	0	0	0	0	0									Meat/Meat Alt
72	Lettuce (A) mixed Vegetable (C)	5	45	0	0	0	0									Fruit/Veg.
10	Banana	15	40	0	0	0	0									Fruit/Veg.
106	Roll	15	100	0	0	0	0									Grains
																Grains
	Snack															
80	Milk	12	100	0	0	0	0									Milk
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg./Juid
																Grains
																Meat/Meat Alt

# **REDWOOD**

# **November Menu2023**

WEEK 3																
	Monday, Novembe	r 13, 20	023						Tuesday, Novem	ber 14,	2023					
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>	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./Juic
16	Muffin WG	30	130	0	0	0	0	141	Pancakes	35	210	0	0	0	0	Grains
			<u> </u>													Grains
00	Lunch	40	100	_	_	_	_	00	Lunch	10	100	_		_		NACH.
80 196	Milk Italian sub (A) Turkey (C)	12	100	0	0	0	0	80 124	Milk Tuna Salad	12	100	0	0	0	0	Milk Meat/Meat Alte
197	Hashbrown casserole	0	0	0	0	0	0	48	Cream of Potato Soup	30	150	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
121	Bread WG	12	80	0	0	0	0	121	Bread WG	12	80	0	0	0	0	Grains
121	Brodd WG		00					121	Broad WG	,-	- 00			Ů		Grains
	Snack								Snack							G. G. I.
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Veg./Juice
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
																Meat/Meat Alte
	Wednesday, Noveml								Thursday, Nover	nber 16,	2023					
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	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	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							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
198	Salisbury Steak	0	0	0	0	0	0	11	BBQ	0	0	0	0	0	0	Meat/Meat Alte
79	Mashed Potato	34	160	0	0	0	0	41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	Fruit/Veg.
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg.
121	Bread WG	12	80	0	0	0	0	183	Potato chips (A)	0	0	0	0	0	0	Grains
								12	Wheat Bun	0	0	0	0	0	0	Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0									Milk
								59	Grape Juice	16	20	0	0	0	0	Fruit/Veg./Juice
136	Graham Crackers WG	0	0	0	0	0	0									Grains
								123	Yogurt	12	80	0	0	0	0	Meat/Meat Alte
	Friday, November	17, 20	23	•	_	•	•									
Item#	Menu Items									_						
00	Breakfast	10	100													Milk
80 89	Milk Pears	12 12	100 80	0	0	0	0									Milk Fruit/Veg./Juice
165	Cinnamon Roll	0	0	0	0	0	0									Grains
103	Ommanion Hon	0	-	U	0	U	U									Grains
																Granis
	Lunch					0	0	80								Milk
80	Lunch Milk	12	100	0	0											
80 201	Milk	12	100	0	0			51								
80 201 172	Milk Grilled Chicken Salad (a) Cheese Sand		100 0 0	0 0	0 0	0	0	51 66								Meat/Meat Alte
201	Milk	0	0	0	0	0	0									
201 172	Milk Grilled Chicken Salad (a) Cheese Sand Salad /Dressing (A) Green beans(C)	0	0	0	0	0	0	66								Meat/Meat Alte Fruit/Veg.
201 172 88	Milk Grilled Chicken Salad (a) Cheese Sand Salad /Dressing (A) Green beans(C) Peaches	0 0 12	0 0 60	0 0	0 0 0	0 0	0 0 0	66 77								Meat/Meat Alte Fruit/Veg. Fruit/Veg.
201 172 88 202 47	Milk Grilled Chicken Salad (a) Cheese Sand Salad /Dressing (A) Green beans(C) Peaches Bread WG (C) Cream of Chicken & Wild Rice Soup(A) Snack	0 0 12 0 30	0 0 60 0 150	0 0 0 0	0 0 0	0 0 0 0	0 0 0 0	66 77 15								Meat/Meat Alte Fruit/Veg. Fruit/Veg. Grains
201 172 88 202	Milk Grilled Chicken Salad (a) Cheese Sand Salad /Dressing (A) Green beans(C) Peaches Bread WG (C) Cream of Chicken & Wild Rice Soup(A)	0 0 12 0	0 0 60 0	0 0 0	0 0 0	0 0 0	0 0 0	66 77 15								Meat/Meat Alte Fruit/Veg. Fruit/Veg. Grains Grains Milk
201 172 88 202 47	Milk Grilled Chicken Salad (a) Cheese Sand Salad /Dressing (A) Green beans(C) Peaches Bread WG (C) Cream of Chicken & Wild Rice Soup(A) Snack	0 0 12 0 30	0 0 60 0 150	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	66 77 15								Meat/Meat Alte Fruit/Veg. Fruit/Veg. Grains Grains

#### **REDWOOD**

## **November Menu2023**

							WEE	K 4							
	Monday, Novembe	r 20, 2	023					Tuesday, November 21, 2023							
Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod
	Breakfast								Breakfast						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
10 141	Banana Pancakes	15 35	40 210	0	0	0	0	89 52	Pears English Muffin Marg/Butter/Jelly	12 12	80 100	0	0	0	0
141	Pancakes	35	210	0	U	U	U	52	English Muffin Marg/Butter/Jelly	12	100	U	U	U	U
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
204	Ravioli	0	0	0	0	0	0	200	Chicken and Waffle	0	0	0	0	0	0
172	Salad /Dressing (A) Green beans(C)	0	0	0	0	0	0	66	Hashbrown	22	150	0	0	0	0
88	Peaches	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
106	Roll	15	100	0	0	0	0	146	Waffles 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
6	Applesauce	15	60	0	0	0	0	100	Drottede (Coft) M/C		100	0	_	_	_
								102	Pretzels (Soft) WG	30	100	0	0	0	0
	Wednesday, Noveml	ner 22	2023						Thursday, Nover	nher 23	2023				
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	11001 20,	2020				1
iteiii#	Breakfast	Carb	Cai	FIU	<u>ı at</u>	110	300	iteiii#	Breakfast						
80	Milk	12	100	0	0	0	0		Dicarract						
84	Juice	15	60	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
16	Muffin WG	30	130	0	0	0	0								
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0								
199	Turkey Stuffing Casserole	0	0	0	0	0	0								
79 61	Mashed Potato	34	160	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
ы	Green Beans	10	80	0	U	0	U								
106	Roll	15	100	0	0	0	0								
100	Snack	10	100	Ŭ			Ů		Snack						
80	Milk	12	100	0	0	0	0								
								144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
123	Yogurt	12	80	0	0	0	0								
	Friday, November	24, 20	23												
ltem#	Menu Items														
	Breakfast														
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								
177	FIGERAL GOLGGE GEGGED	0	0	-	0	0	0								
	Lunch														
444	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								
144															
144															
144															
144															
144	Consti														
144	Snack														
144	Snack														
144	Snack HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								

#### **REDWOOD**

### **November Menu2023**

							14/=-	17.5								-
	WEEK 5  Monday, November 27, 2023  Tuesday, November 28, 2023															
				_	_											
Item#	Menu Items Breakfast	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items Breakfast	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	
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
166	BagelWG	0	0	0	0	0	0	21	Cereal WG	15	100	0	0	0	0	Grains
	- 49															Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
203	Pimento Cheese sand (a) Cheese Sand	0	0	0	0	0	0	191	Chef Salad (A) Turkey Sandwich( C)	0	0	0	0	0	0	Meat/Meat Alternate
118	Vegetable Soup	22	180	0	0	0	0	172	Salad /Dressing (A) Green beans(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.
121	Bread WG	12	80	0	0	0	0	106	Roll	15	100	0	0	0	0	Grains
								202	Bread WG (C)	0	0	0	0	0	0	Grains
	Snack								Snack	40	100	_				<b>.</b>
0.4								80	Milk	12	100	0	0	0	0	Milk
84	Juice	15	60	0	0	0	0		Onleffich Outstand MAO	- 00	100	0	0	0		Fruit/Veg./Juice
130	Cheese String	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	U	0	Grains Meat/Meat Alternate
130	Wednesday, Novemb			U	U	U	U		Thursday, Novem	hor 20	2022					Meanweat Alternate
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	bei 30,	2023		1	1		
item#	Breakfast	Carb	Cai	Pro	rat	FID	500	item#	Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg./Juice
16	Muffin WG	30	130	0	0	0	0	169	Cinnamon Roll	0	0	0	0	0	0	Grains
			.00						Chimamon Fion					Ť		Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
38	Chili w/Beans	32	210	0	0	0	0	115	Turkey Cheese Sandwiches	12	230	0	0	0	0	Meat/Meat Alternate
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0	171	Broccoli Soup	0	0	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg.
45	Crackers	20	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
	2							84	Juice	15	60	0	0	0	0	Fruit/Veg./Juice
102	Pretzels (Soft) WG	30	100	0	0	0	0	100	Vagunt	12	80	0	0	0	0	Grains Meat/Meat Alternate
	Friday, December	* 1 202	22					123	Yogurt	12	80	U	U	U	U	Meanweat Alternate
ltom#	Menu Items	i i, 202	23	ı	ı	Ι										
Item#	Breakfast															
	Diedkiast															Milk
																Fruit/Veg./Juice
b	See Next Month's Menu	0	0	0	0	0	0									Grains
			Ŭ	Ů	Ů	Ť	Ů									Grains
	Lunch															
																Milk
																Meat/Meat Alternate
b	See Next Month's Menu	0	0	0	0	0	0									Fruit/Veg.
																Fruit/Veg.
																Grains
																Grains
	Snack															
																Milk
	Coo Nort Monthle Marrie		_	_	_	_	_									Fruit/Veg./Juice
b	See Next Month's Menu	0	0	0	0	0	0									Grains
																Meat/Meat Alternate