

REDWOOD

November Menu2023

WEEK 1																
Monday, October 30, 2023								Tuesday, October 31, 2023								
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, November 1, 2023								Thursday, November 2, 2023								
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	93	Pineapple	15	60	0	0	0	0	
146	Waffles WG	0	0	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	
182	Cheese Coney (A) Hamburger w/Cheese	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	Mandarin Oranges	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	
12	Wheat Bun	0	0	0	0	0	0	121	Bread WG	12	80	0	0	0	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	
Friday, November 3, 2023																
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									
141	Pancakes	35	210	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
180	Beef Nachos (A) Taco (C)	0	0	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									
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.
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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November Menu2023

WEEK 2															
Monday, November 6, 2023							Tuesday, November 7, 2023								
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	84	Juice	15	60	0	0	0	0
21	Cereal WG	15	100	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
139	Sloppy Joe	0	0	0	0	0	0	195	Trio Salad (A) Ham Sandwich (C)	0	0	0	0	0	0
41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	118	Vegetable Soup	22	180	0	0	0	0
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
122	Bun	12	100	0	0	0	0	45	Crackers	20	100	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	117	Vanilla Wafers	17	120	0	0	0	0
Wednesday, November 8, 2023							Thursday, November 9, 2023								
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	89	Pears	12	80	0	0	0	0
21	Cereal WG	15	100	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
190	Baked Potato w/cheese	0	0	0	0	0	0	37	Chicken Tenders	25	240	0	0	0	0
18	Broccoli	10	80	0	0	0	0	61	Green Beans	10	80	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
106	Roll	15	100	0	0	0	0	76	Mac & Cheese	17	115	0	0	0	0
Snack							Snack								
80	Milk	12	100	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
Friday, November 10, 2023															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
89	Pears	12	80	0	0	0	0								
166	BagelWG	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
181	Chicken Caesar Salad(A) chicken sandw	0	0	0	0	0	0								
72	Lettuce (A) mixed Vegetable (C)	5	45	0	0	0	0								
10	Banana	15	40	0	0	0	0								
106	Roll	15	100	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
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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WEEK 3																
Monday, November 13, 2023								Tuesday, November 14, 2023								
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	6	Applesauce	15	60	0	0	0	0	
16	Muffin WG	30	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	
196	Italian sub (A) Turkey (C)	0	0	0	0	0	0	124	Tuna Salad	0	0	0	0	0	0	
197	Hashbrown casserole	0	0	0	0	0	0	48	Cream of Potato Soup	30	150	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
121	Bread WG	12	80	0	0	0	0	121	Bread WG	12	80	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, November 15, 2023								Thursday, November 16, 2023								
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	
81	Mixed Fruit	15	100	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
14	Biscuits	12	130	0	0	0	0	146	Waffles WG	0	0	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
198	Salisbury Steak	0	0	0	0	0	0	11	BBQ	0	0	0	0	0	0	
79	Mashed Potato	34	160	0	0	0	0	41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	
121	Bread WG	12	80	0	0	0	0	183	Potato chips (A)	0	0	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	59	Grape Juice	16	20	0	0	0	0	
136	Graham Crackers WG	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
Friday, November 17, 2023																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
80	Milk	12	100	0	0	0	0									
89	Pears	12	80	0	0	0	0									
165	Cinnamon Roll	0	0	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0	80								
201	Grilled Chicken Salad (a) Cheese Sand	0	0	0	0	0	0	51								
172	Salad /Dressing (A) Green beans(C)	0	0	0	0	0	0	66								
88	Peaches	12	60	0	0	0	0	77								
202	Bread WG (C)	0	0	0	0	0	0	15								
47	Cream of Chicken & Wild Rice Soup(A)	30	150	0	0	0	0	14								
Snack																
80	Milk	12	100	0	0	0	0									
21	Cereal WG	15	100	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
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WEEK 4																	
Monday, November 20, 2023							Tuesday, November 21, 2023										
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	Milk	
10	Banana	15	40	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg./Juice	
141	Pancakes	35	210	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	Grains	
Lunch							Lunch										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
204	Ravioli	0	0	0	0	0	0	200	Chicken and Waffle	0	0	0	0	0	0	Meat/Meat Alternate	
172	Salad /Dressing (A) Green beans(C)	0	0	0	0	0	0	66	Hashbrown	22	150	0	0	0	0	Fruit/Veg.	
88	Peaches	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	146	Waffles 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	
6	Applesauce	15	60	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Fruit/Veg./Juice	
Wednesday, November 22, 2023							Thursday, November 23, 2023										
Breakfast							Breakfast										
80	Milk	12	100	0	0	0	0									Milk	
84	Juice	15	60	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	0	Fruit/Veg./Juice
16	Muffin WG	30	130	0	0	0	0									Grains	
Lunch							Lunch										
80	Milk	12	100	0	0	0	0									Milk	
199	Turkey Stuffing Casserole	0	0	0	0	0	0									Meat/Meat Alternate	
79	Mashed Potato	34	160	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	0	Fruit/Veg.
61	Green Beans	10	80	0	0	0	0									Fruit/Veg.	
106	Roll	15	100	0	0	0	0									Grains	
Snack							Snack										
80	Milk	12	100	0	0	0	0									Milk	
								144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	0	Fruit/Veg./Juice
123	Yogurt	12	80	0	0	0	0									Grains	
Friday, November 24, 2023																	
Breakfast																	
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0									0	Milk
Lunch																	
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0									0	Meat/Meat Alternate
Snack																	
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0									0	Fruit/Veg./Juice

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WEEK 5																
Monday, November 27, 2023							Tuesday, November 28, 2023									
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	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
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
Snack							Snack									
								202	Bread WG (C)	0	0	0	0	0	0	Grains
84	Juice	15	60	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
130	Cheese String	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Fruit/Veg./Juice
Wednesday, November 29, 2023							Thursday, November 30, 2023									
Breakfast							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
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
Snack							Snack									
80	Milk	12	100	0	0	0	0	84	Juice	15	60	0	0	0	0	Milk
102	Pretzels (Soft) WG	30	100	0	0	0	0	123	Yogurt	12	80	0	0	0	0	Fruit/Veg./Juice
Friday, December 1, 2023																
Breakfast																
b	See Next Month's Menu	0	0	0	0	0	0									Grains
Lunch																
b	See Next Month's Menu	0	0	0	0	0	0									Meat/Meat Alternate
Snack																
b	See Next Month's Menu	0	0	0	0	0	0									Fruit/Veg./Juice

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