

REDWOOD

FEBRUARY MENU 2024

WEEK 1															
Monday, January 29, 2024								Tuesday, January 30, 2024							
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, January 31, 2024								Thursday, February 1, 2024							
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	80	Milk	12	100	0	0	0	0
								77	Mandarin Oranges	12	60	0	0	0	0
								165	Cinnamon Roll	0	0	0	0	0	0
Lunch								Lunch							
A	See Last Month's Menu	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								148	Ham sandwich	0	0	0	0	0	0
								206	Soup(A) Peas (C)	0	0	0	0	0	0
								88	Peaches	12	60	0	0	0	0
Snack								Snack							
A	See Last Month's Menu	0	0	0	0	0	0	121	Bread WG	12	80	0	0	0	0
								80	Milk	12	100	0	0	0	0
								136	Graham Crackers WG	0	0	0	0	0	0
Friday, February 2, 2024															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
146	Waffles WG	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
11	BBQ	0	0	0	0	0	0								
186	Tater tots	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
12	Wheat Bun WG	0	0	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
29	Cheese-Its WG	17	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.
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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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FEBRUARY MENU 2024

WEEK 2															
Monday, February 5, 2024							Tuesday, February 6, 2024								
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	77	Mandarin Oranges	12	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
13	Big Boy Casserole	40	250	0	0	0	0	177	General Tso Chicken (A) Chicken Nugg	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	178	Stir fry Vegetable (A) Peas(C)	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
12	Wheat Bun WG	0	0	0	0	0	0	179	Rice	0	0	0	0	0	0
122	Pretzel Bun	12	100	0	0	0	0	Snack							
Snack							Snack								
80	Milk	12	100	0	0	0	0	145	Juice	0	0	0	0	0	0
136	Graham Crackers WG	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0
Wednesday, February 7, 2024							Thursday, February 8, 2024								
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	89	Pears	12	80	0	0	0	0
165	Cinnamon Roll	0	0	0	0	0	0	141	Pancakes	35	210	0	0	0	0
Lunch							Lunch								
80	Milk	12	100	0	0	0	0	80	53	12	100	0	0	0	0
51	Eggs Scrambled w/Cheese	25	100	0	0	0	0	195	Turkey Wrap	0	0	0	0	0	0
66	Hashbrown	22	150	0	0	0	0	72	Lettuce (A) smile faces(C)	5	45	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	88	Peaches	12	60	0	0	0	0
15	Gravy for Biscuits	19	210	0	0	0	0	208	Chicken Fajita Soup (A)	0	0	0	0	0	0
14	Biscuits WG	12	130	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
117	Vanilla Wafers	17	120	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0
Friday, February 9, 2024															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
120	Bagel	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
181	Chicken Caesar Salad(A) chicken nugg	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								
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
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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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Meat/Meat Alternate
Fruit/Veg.
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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, February 12, 2024							Tuesday, February 13, 2024									
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
88	Peaches	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice
16	Muffin WG	30	130	0	0	0	0	141	Pancakes	35	210	0	0	0	0	Grains
Lunch							Lunch									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
207	Beef Stew	0	0	0	0	0	0	33	Chicken Patty WG	25	240	0	0	0	0	Meat/Meat Alternate
61	Green Beans	10	80	0	0	0	0	184	Cream of Broccoli Soup	0	0	0	0	0	0	Fruit/Veg.
93	Pineapple	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
14	Biscuits WG	12	130	0	0	0	0	121	Bread WG	12	80	0	0	0	0	Grains
Snack							Snack									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Fruit/Veg./Juice
Wednesday, February 14, 2024							Thursday, February 15, 2024									
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
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg./Juice
14	Biscuits WG	12	130	0	0	0	0	146	Waffles WG	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
134	Chuck Roast	0	0	0	0	0	0	35	Chicken Rice Casserole	25	235	0	0	0	0	Meat/Meat Alternate
79	Mashed Potato	34	160	0	0	0	0	18	Broccoli	10	80	0	0	0	0	Fruit/Veg.
23	Carrots	10	80	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg.
106	Roll	15	100	0	0	0	0	179	Rice	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
136	Graham Crackers WG	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0	Fruit/Veg./Juice
Friday, February 16, 2024																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
80	Milk	12	100	0	0	0	0									Milk
10	Banana	15	40	0	0	0	0									Fruit/Veg./Juice
165	Cinnamon Roll	0	0	0	0	0	0									Grains
Lunch																
80	Milk	12	100	0	0	0	0									Milk
124	Tuna Salad	0	0	0	0	0	0									Meat/Meat Alternate
101	Potato Wedges	25	100	0	0	0	0									Fruit/Veg.
88	Peaches	12	60	0	0	0	0									Fruit/Veg.
193	Croissant	0	0	0	0	0	0									Grains
Snack																
80	Milk	12	100	0	0	0	0									Milk
21	Cereal WG	15	100	0	0	0	0									Fruit/Veg./Juice
																Grains
																Meat/Meat Alternate

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FEBRUARY MENU 2024

WEEK 4															
Monday, February 19, 2024							Tuesday, February 20, 2024								
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
								89	Pears	12	80	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
								203	Cracked Chicken Sandwich	0	0	0	0	0	0
								61	Green Beans	10	80	0	0	0	0
								93	Pineapple	15	60	0	0	0	0
								179	Rice	0	0	0	0	0	0
Snack							Snack								
								80	Milk	12	100	0	0	0	0
								29	Cheese-Its WG	17	100	0	0	0	0
Wednesday, February 21, 2024							Thursday, February 22, 2024								
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	84	Juice	15	60	0	0	0	0
16	Muffin WG	30	130	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
64	Ham & Bean Soup	18	230	0	0	0	0	140	Cheeseburger	0	0	0	0	0	0
70	Home Fries	25	150	0	0	0	0	168	Baked Beans	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
43	Corn Bread	12	120	0	0	0	0	106	Roll	15	100	0	0	0	0
Snack							Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
								5	Apple Slices	8	30	0	0	0	0
123	Yogurt	12	80	0	0	0	0								
Friday, February 23, 2024															
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								
141	Pancakes	35	210	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
36	Chicken Salad	25	100	0	0	0	0								
205	Mexican Street Corn Soup (A) Carrots (0	0	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
122	Pretzel Bun	12	100	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
Grains
Milk
Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
Grains
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Milk
Fruit/Veg./Juice
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Meat/Meat Alternate
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Fruit/Veg.
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FEBRUARY MENU 2024

WEEK 5																
Monday, February 26, 2024								Tuesday, February 27, 2024								
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
77	Mandarin Oranges	12	60	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
139	Sloppy Joe	0	0	0	0	0	0	162	Chicken & Waffles	0	0	0	0	0	0	Meat/Meat Alternate
41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0	Fruit/Veg.
89	Pears	12	80	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
99	Potato Chips (A)	25	165	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
								57	Goldfish Crackers WG	20	100	0	0	0	0	Fruit/Veg./Juice
130	Cheese String	0	0	0	0	0	0								Grains	
																Meat/Meat Alternate
Wednesday, February 28, 2024								Thursday, February 29, 2024								
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
89	Pears	12	80	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg./Juice
165	Cinnamon Roll	0	0	0	0	0	0	166	BagelWG	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
204	Turkey Hot Brown casserole	0	0	0	0	0	0	38	Chili w/Beans	32	210	0	0	0	0	Meat/Meat Alternate
18	Broccoli	10	80	0	0	0	0	113	Toss Salad (A) Carrots (C)	5	25	0	0	0	0	Fruit/Veg.
6	Applesauce	15	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
121	Bread WG	12	80	0	0	0	0	45	Crackers	20	100	0	0	0	0	Grains
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
								21	Cereal WG	15	100	0	0	0	0	Fruit/Veg./Juice
102	Pretzels (Soft) WG	30	100	0	0	0	0									Grains
																Meat/Meat Alternate
Menu Items								Menu Items								
Breakfast								Breakfast								
b	See Next Month's Menu	0	0	0	0	0	0									Milk
																Fruit/Veg./Juice
																Grains
Lunch								Lunch								
																Grains
b	See Next Month's Menu	0	0	0	0	0	0									Milk
																Meat/Meat Alternate
																Fruit/Veg.
																Fruit/Veg.
																Grains
Snack								Snack								
b	See Next Month's Menu	0	0	0	0	0	0									Milk
																Fruit/Veg./Juice
																Grains
																Meat/Meat Alternate

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