

REDWOOD

April 2024 Menu

WEEK 1															
Monday, April 1, 2024								Tuesday, April 2, 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
89	Pears	12	80	0	0	0	0	88	Peaches	12	60	0	0	0	0
96	Pancakes WG	35	225	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
183	Italian Sub(A) Ham Sandwich (C)	0	0	0	0	0	0	142	Taco	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	42	Corn (A) Peas (C)	15	80	0	0	0	0
93	Pineapple	15	60	0	0	0	0	177	Cinnamon Apples	0	0	0	0	0	0
122	WG Bun	12	100	0	0	0	0	167	Chips Queso (A) Tortilla (C& A)	0	0	0	0	0	0
Snack								Snack							
45	Crackers	20	100	0	0	0	0	80	Milk	12	100	0	0	0	0
28	Cheese	4	180	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, April 3, 2024								Thursday, April 4, 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
46	Cranraisins	15	50	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
49	Cream of Wheat	24	110	0	0	0	0	168	Cinnamon Roll	0	0	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Wheat Bun	12	100	0	0	0	0
158	Chicken Tender Salad (A) Chicken Nugg	0	0	0	0	0	0	11	BBQ	0	0	0	0	0	0
156	Lettuce(A) Green Beans (C)	0	0	0	0	0	0	41	Cole Slaw (A) Carrots (C)	12	110	0	0	0	0
6	Applesauce	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
45	Crackers	20	100	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0
47	Cream of Chicken & Wild Rice Soup (A)	30	150	0	0	0	0	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	185	animal cracker	0	0	0	0	0	0
Friday, April 5, 2024															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
17	Muffin WG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
174	Trio Salad(A) Chicken Salad (C)	0	0	0	0	0	0								
175	Corn Salad (A) Carrots (C)	0	0	0	0	0	0								
176	Cantalope	0	0	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								

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WEEK 2																
Monday, April 8, 2024								Tuesday, April 9, 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	6	Applesauce	15	60	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	
165	Turkey Burger	0	0	0	0	0	0	37	Chicken Tenders (a) Chicken Nugget (d)	25	240	0	0	0	0	
184	Broccoli Salad (A) Broccoli (C)	0	0	0	0	0	0	61	Green Beans	10	80	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	76	Mac & Cheese	17	115	0	0	0	0	
Snack								Snack								
								80	Milk	12	100	0	0	0	0	
45	Crackers	20	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0	
28	Cheese	4	180	0	0	0	0									
Wednesday, April 10, 2024								Thursday, April 11, 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	93	Pineapple	15	60	0	0	0	0	
14	Biscuits	12	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	
13	Big Boy Casserole	40	250	0	0	0	0	116	Turkey Sausage	15	60	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	66	Hashbrown	22	150	0	0	0	0	
88	Peaches	12	60	0	0	0	0	177	Cinnamon Apples	0	0	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	96	Pancakes WG	35	225	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0									
29	Cheese-Its	17	100	0	0	0	0	59	Juice	16	20	0	0	0	0	
								130	Cheese String	0	0	0	0	0	0	
Friday, April 12, 2024																
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									
120	Bagel	0	0	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
92	Philly Steak/Cheese	16	230	0	0	0	0									
155	Potato Chips (Staff) Smiley Faces (A & C)	0	0	0	0	0	0									
88	Peaches	12	60	0	0	0	0									
122	WG Bun	12	100	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
10	Banana	15	40	0	0	0	0									

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WEEK 3																
Monday, April 15, 2024								Tuesday, April 16, 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	88	Peaches	12	60	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	
132	Spaghetti/Meatsauce/Cheese	0	0	0	0	0	0	149	Taco Salad (A) Tacos (C)	0	0	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	42	Corn (A) Peas (C)	15	80	0	0	0	0	
112	Toss Salad	5	25	0	0	0	0	177	Cinnamon Apples	0	0	0	0	0	0	
56	Garlic Bread	12	100	0	0	0	0	167	Chips Queso (A) Tortilla (C& 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	136	Graham Crackers WG	0	0	0	0	0	0	
Wednesday, April 17, 2024								Thursday, April 18, 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	
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0	14	Biscuits	12	130	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
140	Cheeseburger	0	0	0	0	0	0	36	Chicken Salad	25	100	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	10	Banana	15	40	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	157	Crossiant	0	0	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, April 19, 2024																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
80	Milk	12	100	0	0	0	0									
4	Juice	12	60	0	0	0	0									
21	Cereal WG	15	100	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
38	Chili w/Beans	32	210	0	0	0	0									
137	Salad/Dressing (A) Peas (C)	0	0	0	0	0	0									
89	Pears	12	80	0	0	0	0									
45	Crackers	20	100	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
123	Yogurt	12	80	0	0	0	0									

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WEEK 4																
Monday, April 22, 2024								Tuesday, April 23, 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	145	Juice	0	0	0	0	0	0	
146	Waffles WG	0	0	0	0	0	0	168	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	
161	Cheese Coney (A) Hamburger (C)	0	0	0	0	0	0	53	Fish	17	150	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	61	Green Beans	10	80	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	76	Mac & Cheese	17	115	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, April 24, 2024								Thursday, April 25, 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	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	
169	Turkey DD Sandwich (a) Turkey Sand (0	0	0	0	0	0	35	Chicken Rice Casserole	25	235	0	0	0	0	
48	Cream of Potato Soup	30	150	0	0	0	0	18	Broccoli	10	80	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	17	Muffin WG	15	100	0	0	0	0	
45	Crackers	20	100	0	0	0	0	Snack								
80	Milk	12	100	0	0	0	0	145	Juice	0	0	0	0	0	0	
102	Pretzels WG	30	100	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
Friday, April 26, 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									
187	Fish Tacos(A) Fish Sticks (C)	0	0	0	0	0	0									
42	Corn (A) Peas (C)	15	80	0	0	0	0									
6	Applesauce	15	60	0	0	0	0									
143	Flour Tortilla	0	0	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
117	Vanilla Wafers	17	120	0	0	0	0									

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WEEK 5																
Monday, April 29, 2024								Tuesday, April 30, 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	
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	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	
139	Sloppy Joe	0	0	0	0	0	0	186	Chicken Quesadilla	0	0	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	166	Refried Beans (A) Green Beans (C)	0	0	0	0	0	0	
181	Cole Slaw (A) Peas (C)	0	0	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
12	Wheat Bun	0	0	0	0	0	0	167	Chips Queso (A) Tortilla (C& A)	0	0	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, May 1, 2024								Thursday, May 2, 2024								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
Breakfast								Breakfast								
B	See Next Month's Menu	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
Lunch								Lunch								
B	See Next Month's Menu	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
Snack								Snack								
B	See Next Month's Menu	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
Friday, May 3, 2024																
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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