

# REDWOOD

# May Menu 2024

WEEK 1																
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	
<b>Breakfast</b>								<b>Breakfast</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
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, 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	
<b>Breakfast</b>								<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	
146	Waffles WG	0	0	0	0	0	0	54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
98	Pork Roast	15	100	0	0	0	0	204	Turkey Wrap	0	0	0	0	0	0	
153	Brussel Sprouts ( A) Green Beans (C )	0	0	0	0	0	0	184	Cream of Broccoli Soup	0	0	0	0	0	0	
209	Sweet Potatoes	0	0	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
106	Roll	15	100	0	0	0	0	45	Crackers	20	100	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
3	Animal Crackers	12	100	0	0	0	0	10	Banana	15	40	0	0	0	0	
Friday, May 3, 2024																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
89	Pears	12	80	0	0	0	0									
123	Yogurt	12	80	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
161	Cheese Bread Stick	0	0	0	0	0	0									
112	Toss Salad (A) Peas (C )	5	25	0	0	0	0									
5	Apple Slices	8	30	0	0	0	0									
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									
30	Chex Mix	12	80	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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# May Menu 2024

WEEK 2															
Monday, May 6, 2024							Tuesday, May 7, 2024								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
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	4	Apple Juice	12	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	120	Bagel	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
207	Rueben Sliders	0	0	0	0	0	0	126	Grilled Cheese	0	0	0	0	0	0
208	Potato Pancakes	0	0	0	0	0	0	125	Tomato Soup	0	0	0	0	0	0
88	Peaches	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
<b>Snack</b>							<b>Snack</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
105	Cereal WG	0	0	0	0	0	0	117	Vanilla Wafers WG	17	120	0	0	0	0
<b>Wednesday, May 8, 2024</b>							<b>Thursday, May 9, 2024</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
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
146	Waffles WG	0	0	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
195	Meatball Hoagy	0	0	0	0	0	0	31	Chicken Chili	25	100	0	0	0	0
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0	201	Roasted Potatoes	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
12	Wheat Bun	0	0	0	0	0	0	43	Corn Bread	12	120	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
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
<b>Friday, May 10, 2024</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
89	Pears	12	80	0	0	0	0								
120	Bagel	0	0	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
65	Ham Sandwich	10	100	0	0	0	0								
100	Potato Salad(A) Carots (C)	25	150	0	0	0	0								
10	Banana	15	40	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
<b>Snack</b>															
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, May 13, 2024								Tuesday, May 14, 2024									
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod		
<b>Breakfast</b>								<b>Breakfast</b>									
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	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
<b>Lunch</b>								<b>Lunch</b>									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0		Milk
132	Spaghetti/Meatsauce/Cheese	0	0	0	0	0	0	176	Chickrnrn Alfredo	0	0	0	0	0	0		Meat/Meat Alternate
113	Toss Salad (A) Carrots (C)	5	25	0	0	0	0	18	Broccoli	10	80	0	0	0	0		Fruit/Veg.
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0		Fruit/Veg.
179	Rice	0	0	0	0	0	0	206	Pasta	0	0	0	0	0	0		Grains
56	Garlic Bread	12	100	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0		Grains
<b>Snack</b>								<b>Snack</b>									
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
																	Grains
																	Meat/Meat Alternate
Wednesday, May 15, 2024								Thursday, May 16, 2024									
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod		
<b>Breakfast</b>								<b>Breakfast</b>									
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	59	Juice	16	20	0	0	0	0		Fruit/Veg./Juice
14	Biscuits	12	130	0	0	0	0	123	Yogurt	12	80	0	0	0	0		Grains
<b>Lunch</b>								<b>Lunch</b>									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0		Milk
198	Hawian Pork	0	0	0	0	0	0	63	Grilled Chicken Sandwich	17	60	0	0	0	0		Meat/Meat Alternate
199	Asian Slaw (A) Carrot (C)	0	0	0	0	0	0	118	Vegetable Soup	22	180	0	0	0	0		Fruit/Veg.
93	Pineapple	15	60	0	0	0	0	10	Banana	15	40	0	0	0	0		Fruit/Veg.
122	Bun	12	100	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0		Grains
<b>Snack</b>								<b>Snack</b>									
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	77	Mandarin Oranges	12	60	0	0	0	0		Fruit/Veg./Juice
																	Grains
																	Meat/Meat Alternate
Friday, May 17, 2024																	
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod										
<b>Breakfast</b>																	
80	Milk	12	100	0	0	0	0									Milk	
89	Pears	12	80	0	0	0	0									Fruit/Veg./Juice	
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0									Grains	
<b>Lunch</b>																	
80	Milk	12	100	0	0	0	0									Milk	
196	Trio Salad (A) chicken Salad Sand ©	0	0	0	0	0	0									Meat/Meat Alternate	
175	Broccoli Salad (A) Broccoli (C)	0	0	0	0	0	0									Fruit/Veg.	
22	Cantalope	10	80	0	0	0	0									Fruit/Veg.	
121	Bread WG	12	80	0	0	0	0									Grains	
<b>Snack</b>																	
80	Milk	12	100	0	0	0	0									Milk	
																	Fruit/Veg./Juice
																	Grains
130	Cheese String	0	0	0	0	0	0									Meat/Meat Alternate	

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# May Menu 2024

WEEK 4															
Monday, May 20, 2024							Tuesday, May 21, 2024								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
10	Banana	15	40	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	123	Yogurt	12	80	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
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	205	Beef Stew	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	131	Spring Salad (A) Green Beans (C)	0	0	0	0	0	0
5	Apple Slices	8	30	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
12	Wheat Bun	0	0	0	0	0	0	14	Biscuits	12	130	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0
<b>Wednesday, May 22, 2024</b>							<b>Thursday, May 23, 2024</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
93	Pineapple	15	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	166	BagelWG	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
177	General Tso Chicken (A) Chicken Nugg	0	0	0	0	0	0	124	Tuna Salad	0	0	0	0	0	0
178	Stir fry Vegetable	0	0	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
179	Rice	0	0	0	0	0	0	121	Bread WG	12	80	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
136	Graham Crackers WG	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0
<b>Friday, May 24, 2024</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
16	Muffin WG	30	130	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
115	Turkey Cheese Sandwiches	12	230	0	0	0	0								
175	Broccoli Salad (A) Broccoli (C)	0	0	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
<b>Snack</b>															
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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# May Menu 2024

WEEK 5															
Monday, May 27, 2024							Tuesday, May 28, 2024								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								141	Pancakes	35	210	0	0	0	0
								77	Mandarin Oranges	12	60	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
								80	Milk	12	100	0	0	0	0
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	96	Pizza	35	225	0	0	0	0
								133	Caesar Salad (A) Peas (C )	0	0	0	0	0	0
								89	Pears	12	80	0	0	0	0
								106	Roll	15	100	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
								80	Milk	12	100	0	0	0	0
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	3	Animal Crackers	12	100	0	0	0	0
<b>Wednesday, May 29, 2024</b>							<b>Thursday, May 30, 2024</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
88	Peaches	12	60	0	0	0	0	10	Banana	15	40	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	169	Cinnamon Roll	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
37	Chicken Tenders	25	240	0	0	0	0	192	CHUCK ROAST	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0
93	Pineapple	15	60	0	0	0	0	61	Green Beans	10	80	0	0	0	0
106	Roll	15	100	0	0	0	0	106	Roll	15	100	0	0	0	0
12	Wheat Bun	0	0	0	0	0	0	<b>Snack</b>							
80	Milk	12	100	0	0	0	0								
102	Pretzels (Soft) WG	30	100	0	0	0	0	84	Juice	15	60	0	0	0	0
								123	Yogurt	12	80	0	0	0	0
<b>Friday, May 31, 2024</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
46	Cranraisins	15	50	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
11	BBQ	0	0	0	0	0	0								
41	Cole Slaw (A) Peas (C )	12	110	0	0	0	0								
10	Banana	15	40	0	0	0	0								
122	Bun	12	100	0	0	0	0								
<b>Snack</b>															
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  
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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