

REDWOOD

June 2024 Menu

WEEK 1															
Monday, June 3, 2024							Tuesday, June 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
88	Peaches	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
184	English muffin	0	0	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
36	Chicken Salad	25	100	0	0	0	0	51	Eggs Scrambled	25	100	0	0	0	0
151	Sweet Potato Tots	0	0	0	0	0	0	66	Hashbrown	22	150	0	0	0	0
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
95	Pretzel Bun (A) Slider bun(C)	15	50	0	0	0	0	14	Biscuits	12	130	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	45	Crackers	20	100	0	0	0	0
								28	Cheese	4	180	0	0	0	0
Wednesday, June 5, 2024							Thursday, June 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
46	Cranraisins	15	50	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
83	Oatmeal WG	29	210	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
114	Turkey Wrap(A) Turkey Sand (C)	35	120	0	0	0	0	138	Chicken Patty	0	0	0	0	0	0
97	Potato chips (A) smiley faces (C)	30	150	0	0	0	0	18	Broccoli	10	80	0	0	0	0
93	Pineapple	15	60	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0
143	Flour Tortilla (A) Bread (C)	0	0	0	0	0	0	122	WG Bun	12	100	0	0	0	0
Snack							Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
29	Cheese-Its	17	100	0	0	0	0	117	Vanilla Wafers	17	120	0	0	0	0
Friday, June 7, 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								
17	Muffin WG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
165	Turkey Burger	0	0	0	0	0	0								
175	Corn Salad (A) Carrots (C)	0	0	0	0	0	0								
89	Pears	12	80	0	0	0	0								
122	WG Bun	12	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								

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WEEK 2																
Monday, June 10, 2024								Tuesday, June 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	
59	Juice	16	20	0	0	0	0	10	Banana	15	40	0	0	0	0	
123	Yogurt	12	80	0	0	0	0	120	Bagel	0	0	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
2	3 Way Spaghetti	0	0	0	0	0	0	171	Hot Dog,Mett Bratt,Burger(A) Hamburgere	0	0	0	0	0	0	
112	Toss Salad (A) /Green beans(C)	5	25	0	0	0	0	173	Baked Beans	0	0	0	0	0	0	
88	Peaches	12	60	0	0	0	0	176	Watermelon	0	0	0	0	0	0	
45	Crackers	20	100	0	0	0	0	122	WG Bun	12	100	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	136	Graham Crackers WG	0	0	0	0	0	0	
Wednesday, June 12, 2024								Thursday, June 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	
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	54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
182	Baked Potato W/ cheese	0	0	0	0	0	0	115	Turkey Cheese/Wheat	12	230	0	0	0	0	
18	Broccoli	10	80	0	0	0	0	100	Potato Salad	25	150	0	0	0	0	
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
106	Roll	15	100	0	0	0	0	121	Bread WG	12	80	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	59	Juice	16	20	0	0	0	0	
29	Cheese-Its	17	100	0	0	0	0	130	Cheese String	0	0	0	0	0	0	
Friday, June 14, 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									
141	Pancakes	35	210	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
128	Chef Salad (A) / cheese Sandwich (C)	0	0	0	0	0	0									
88	Peaches	12	60	0	0	0	0									
156	Lettuce(A) Green Beans (C)	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 3																
Monday, June 17, 2024								Tuesday, June 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	
88	Peaches	12	60	0	0	0	0	46	Cranraisins	15	50	0	0	0	0	
21	Cereal WG	15	100	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	
27	Pizza WG	17	230	0	0	0	0	13	Big Boy Casserole	40	250	0	0	0	0	
113	Toss Salad (A) /Carrots (C)	5	25	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
50	Crust WG	45	200	0	0	0	0									
122	WG Bun	12	100	0	0	0	0	122	WG Bun	12	100	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, June 19, 2024								Thursday, June 20, 2024								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
Breakfast								Breakfast								
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
								6	Applesauce	15	60	0	0	0	0	
								96	Pancakes WG	35	225	0	0	0	0	
Lunch								Lunch								
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
								161	Cheese Coney (A) Hamburger (C)	0	0	0	0	0	0	
								55	French Fries/Catsup	22	110	0	0	0	0	
								77	Mandarin Oranges	12	60	0	0	0	0	
								12	Wheat Bun	0	0	0	0	0	0	
								122	WG Bun	12	100	0	0	0	0	
Snack								Snack								
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	59	Juice	16	20	0	0	0	0	
								123	Yogurt	12	80	0	0	0	0	
Friday, June 21, 2024																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
80	Milk	12	100	0	0	0	0									
81	Mixed Fruit	15	100	0	0	0	0									
21	Cereal WG	15	100	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
180	Quiche'	0	0	0	0	0	0									
131	Spring Salad (A) Broccoli (c)	0	0	0	0	0	0									
10	Banana	15	40	0	0	0	0									
17	Muffin WG	15	100	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
102	Pretzels WG	30	100	0	0	0	0									

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WEEK 4																
Monday, June 24, 2024								Tuesday, June 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	
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	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	
37	Chicken Tenders (a) Chicken Nugget (c)	25	240	0	0	0	0	132	Spaghetti/Meatball/Cheese	0	0	0	0	0	0	
20	Broccoli Casserole	40	150	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	
106	Roll	15	100	0	0	0	0	56	Garlic Bread	12	100	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, June 26, 2024								Thursday, June 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	
88	Peaches	12	60	0	0	0	0	46	Cranraisins	15	50	0	0	0	0	
14	Biscuits	12	130	0	0	0	0	83	Oatmeal WG	29	210	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	124	Tuna Salad	0	0	0	0	0	0	
89	Pears	12	80	0	0	0	0	97	Potato chips (A) smiley faces (C)	30	150	0	0	0	0	
41	Cole Slaw (A) Carrots (C)	12	110	0	0	0	0	77	Mandarin Oranges	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	145	Juice	0	0	0	0	0	0	
57	Goldfish Crackers WG	20	100	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
Friday, June 28, 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									
141	Pancakes	35	210	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
162	Grilled Chicken Salad (A) Grilled Nugge	0	0	0	0	0	0									
137	Salad/Dressing (A) Peas (C)	0	0	0	0	0	0									
10	Banana	15	40	0	0	0	0									
160	Garlic Bread stick	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, July 1, 2024								Tuesday, July 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	
Wednesday, July 3, 2024								Thursday, July 4, 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, July 5, 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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