

REDWOOD

July 2024 Menu

WEEK 1															
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							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
10	Banana	15	40	0	0	0	0	4	Juice	12	60	0	0	0	0
17	Muffin 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
183	Cracked Chicken Spaghetti	0	0	0	0	0	0	138	Chicken Patty	0	0	0	0	0	0
137	Salad/Dressing (A) Peas & carrots (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	88	Peaches	12	60	0	0	0	0
56	Garlic Bread	12	100	0	0	0	0	12	Wheat Bun WG	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	136	Graham Crackers WG	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							
80	Milk	12	100	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
14	Biscuits	12	130	0	0	0	0								
Lunch								Lunch							
80	Milk	12	100	0	0	0	0								
115	Turkey Cheese/Wheat	12	230	0	0	0	0								
101	Potato Wedges	25	100	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
93	Pineapple	15	60	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
Snack								Snack							
4	Juice	12	60	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
57	Goldfish Crackers WG	20	100	0	0	0	0								
Friday, July 5, 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								
123	Yogurt	12	80	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
192	Pimento Cheese & Ham Salad	0	0	0	0	0	0								
186	Pea Salad(a) Peas (c)	0	0	0	0	0	0								
184	Cantalope	0	0	0	0	0	0								
185	Crackers (A) Bread (C)	0	0	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, July 8, 2024								Tuesday, July 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	
6	Applesauce	15	60	0	0	0	0	81	Mixed Fruit	15	100	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	
170	Meatball Hoagy	0	0	0	0	0	0	187	Hot Dog (A) CheeseBurger (C)	0	0	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	173	Baked Beans	0	0	0	0	0	0	
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	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	
77	Mandarin Oranges	12	60	0	0	0	0	3	Animal Crackers	12	100	0	0	0	0	
Wednesday, July 10, 2024								Thursday, July 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	
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	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	
191	Chicken Quesadilla(A) Quessadilla (c)	0	0	0	0	0	0	11	BBQ	0	0	0	0	0	0	
42	Corn (A) Peas (C)	15	80	0	0	0	0	41	Cole Slaw (A) Carrots (C)	12	110	0	0	0	0	
177	Cinnamon Apples	0	0	0	0	0	0	10	Banana	15	40	0	0	0	0	
74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0	122	WG Bun	12	100	0	0	0	0	
143	Flour Tortilla	0	0	0	0	0	0	188	Chips (a)	0	0	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	117	Vanilla Wafers	17	120	0	0	0	0	
Friday, July 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									
128	Chef Salad (A) / Turkey 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, July 15, 2024								Tuesday, July 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	
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	49	Cream of Wheat	24	110	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
163	General Tso Chicken	0	0	0	0	0	0	65	Ham Sandwich	10	100	0	0	0	0	
145	Mixed Vegetables	0	0	0	0	0	0	100	Potato Salad	25	150	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
164	Rice	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, July 17, 2024								Thursday, July 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	
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	
53	Fish	17	150	0	0	0	0	27	Pizza WG	17	230	0	0	0	0	
61	Green Beans	10	80	0	0	0	0	133	Caesar Salad (A) Broccoli (C)	0	0	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	
76	Mac & Cheese	17	115	0	0	0	0	50	Crust WG	45	200	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
								10 Banana 15 40 0 0 0 0								
30	Chex Mix	12	80	0	0	0	0									
Friday, July 19, 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									
36	Chicken Salad	25	100	0	0	0	0									
101	Potato Wedges	25	100	0	0	0	0									
10	Banana	15	40	0	0	0	0									
157	Crossiant	0	0	0	0	0	0									
Snack																
59	Juice	16	20	0	0	0	0									
123	Yogurt	12	80	0	0	0	0									

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WEEK 4															
Monday, July 22, 2024								Tuesday, July 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
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	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	189	Beef Nachos (A) Tacos (C)	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	166	Refried Beans	0	0	0	0	0	0
89	Pears	12	80	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0
106	Roll	15	100	0	0	0	0	167	Chips Queso (A) Tortilla (C)	0	0	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, July 24, 2024								Thursday, July 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	77	Mandarin Oranges	12	60	0	0	0	0
14	Biscuits	12	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
115	Turkey Cheese/Wheat	12	230	0	0	0	0	107	Sausage/Egg & Cheese Biscuit WG	20	210	0	0	0	0
101	Potato Wedges	25	100	0	0	0	0	66	Hashbrown	22	150	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	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
4	Juice	12	60	0	0	0	0								
123	Yogurt	12	80	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0
Friday, July 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								
21	Cereal WG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
124	Tuna Salad	0	0	0	0	0	0								
118	Vegetable Soup	22	180	0	0	0	0								
89	Pears	12	80	0	0	0	0								
190	Crossiant	0	0	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
57	Goldfish Crackers WG	20	100	0	0	0	0								

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WEEK 5																
Monday, July 29, 2024								Tuesday, July 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	182	Baked Potato W/ cheese	0	0	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	18	Broccoli	10	80	0	0	0	0	
181	Cole Slw (A) Broccoli (C)	0	0	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
12	Wheat Bun WG	0	0	0	0	0	0	106	Roll	15	100	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, July 31, 2024								Thursday, August 1, 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									
88	Peaches	12	60	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0	
14	Biscuits	12	130	0	0	0	0									
Lunch								Lunch								
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	b	See Next Month's Menu	0	0	0	0	0	0	
6	Applesauce	15	60	0	0	0	0									
122	WG Bun	12	100	0	0	0	0									
Snack								Snack								
80	Milk	12	100	0	0	0	0									
30	Chex Mix	12	80	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0	
Friday, August 2, 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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