

# REDWOOD

# SEPTEMBER MENU 2024

WEEK 1																
Monday, September 2, 2024								Tuesday, September 3, 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	
								89	Pears	12	80	0	0	0	0	
144	HOLIDAY SCHOOL CLOSED	0	0	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	
								149	Taco Salad Chips/Salsa Tacos (C)	0	0	0	0	0	0	
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	210	Refried Beans	0	0	0	0	0	0	
								6	Applesauce	15	60	0	0	0	0	
								142	flour tortilla (c) Tortilla Chips (A)	0	0	0	0	0	0	
								74	Lettuce/Tomato/Sour cream (A)	22	65	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	136	Graham Crackers WG	0	0	0	0	0	0	
<b>Wednesday, September 4, 2024</b>								<b>Thursday, September 5, 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	77	Mandarin Oranges	12	60	0	0	0	0	
21	Cereal WG	15	100	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	
200	Egg,Sausage &cheese biscuit	0	0	0	0	0	0	53	Fish	17	150	0	0	0	0	
66	Hashbrown	22	150	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	88	Peaches	12	60	0	0	0	0	
14	Biscuits WG	12	130	0	0	0	0	12	Wheat Bun WG	0	0	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	59	Grape Juice	16	20	0	0	0	0	
117	Vanilla Wafers	17	120	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
<b>Friday, September 6, 2024</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
6	Applesauce	15	60	0	0	0	0									
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
162	Chicken & Waffles	0	0	0	0	0	0									
101	Potato Wedges	25	100	0	0	0	0									
93	Pineapple	15	60	0	0	0	0									
12	Wheat Bun WG	0	0	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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WEEK 2															
Monday, September 9, 2024							Tuesday, September 10, 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
88	Peaches	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
52	English Muffin Marg/Butter/Jelly	12	100	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
181	Chicken Caesar Salad(A) Chicken Nugg	0	0	0	0	0	0	190	Baked Potato w/cheese	0	0	0	0	0	0
172	Salad Dressing (A) Carrots(C)	0	0	0	0	0	0	18	Broccoli	10	80	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	0	0	0	0
204	Croutons(A) Roll(C)	0	0	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	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>Wednesday, September 11, 2024</b>							<b>Thursday, September 12, 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
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0
141	Pancakes	35	210	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	53	12	100	0	0	0	0
38	Chili w/Beans	32	210	0	0	0	0	195	Turkey Wrap	0	0	0	0	0	0
113	Toss Salad (A) Carrots (C)	5	25	0	0	0	0	118	Vegetable Soup	22	180	0	0	0	0
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
45	Crackers	20	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
122	Bun	12	100	0	0	0	0	<b>Snack</b>							
<b>Snack</b>							<b>Snack</b>								
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
<b>Friday, September 13, 2024</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
120	Bagel	0	0	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								
77	Mandarin Oranges	12	60	0	0	0	0								
161	Cheese Bread Stick	0	0	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
81	Mixed Fruit	15	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.  
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, September 16, 2024								Tuesday, September 17, 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	
4	Apple Juice	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	
16	Muffin WG	30	130	0	0	0	0	141	Pancakes	35	210	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	
65	Ham Sandwich	10	100	0	0	0	0	37	Chicken Tenders	25	240	0	0	0	0	
100	Potato Salad(A) Mashed Potatos (C)	25	150	0	0	0	0	62	Green Beans Casserole	10	80	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
121	Bread WG	12	80	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	
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	
<b>Wednesday, September 18, 2024</b>								<b>Thursday, September 19, 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	
81	Mixed Fruit	15	100	0	0	0	0	10	Banana	15	40	0	0	0	0	
14	Biscuits WG	12	130	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	
109	Steak Hoagie w/Pizza Sauce	15	140	0	0	0	0	197	Enchilada Casserole	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	
89	Pears	12	80	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0	
122	Bun	12	100	0	0	0	0	179	Rice	0	0	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	5	Apple Slices	8	30	0	0	0	0	
<b>Friday, September 20, 2024</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
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									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
124	Tuna Salad	0	0	0	0	0	0									
184	Cream of Broccoli Soup	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									
21	Cereal WG	15	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.  
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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# SEPTEMBER MENU 2024

WEEK 4																
Monday, September 23, 2024							Tuesday, September 24, 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
4	Apple Juice	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg./Juice
166	BagelWG	0	0	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	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
63	Grilled Chicken	17	60	0	0	0	0	64	Ham & Bean Soup	18	230	0	0	0	0	Meat/Meat Alternate
163	Broccoli Salad (A) Broccoli ©	0	0	0	0	0	0	70	Home Fries	25	150	0	0	0	0	Fruit/Veg.
209	Sherbert	0	0	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
12	Wheat Bun WG	0	0	0	0	0	0	43	Corn Bread	12	120	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
								102	Pretzels (Soft) WG	30	100	0	0	0	0	Fruit/Veg./Juice
130	Cheese String	0	0	0	0	0	0								Grains	
															Meat/Meat Alternate	
<b>Wednesday, September 25, 2024</b>							<b>Thursday, September 26, 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	Milk
88	Peaches	12	60	0	0	0	0	84	Juice	15	60	0	0	0	0	Fruit/Veg./Juice
123	Yogurt	12	80	0	0	0	0	21	Cereal WG	15	100	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
150	Grilled Ham & Swiss	0	0	0	0	0	0	207	Chicken Alfredo	0	0	0	0	0	0	Meat/Meat Alternate
151	Sweet Potato Tots	0	0	0	0	0	0	18	Broccoli	10	80	0	0	0	0	Fruit/Veg.
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
12	Wheat Bun WG	0	0	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
								5	Apple Slices	8	30	0	0	0	0	Fruit/Veg./Juice
206	Vanilla Wafer	0	0	0	0	0	0								Grains	
															Meat/Meat Alternate	
<b>Friday, September 27, 2024</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									Milk
10	Banana	15	40	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
158	Chicken Tender Wrap (A) Chicken nugg	0	0	0	0	0	0									Meat/Meat Alternate
157	Potato Chips (Staff) Smike Faces (C & /	0	0	0	0	0	0									Fruit/Veg.
88	Peaches	12	60	0	0	0	0									Fruit/Veg.
143	Flour Tortilla (A) Roll (c )	0	0	0	0	0	0									Grains
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									Milk
136	Graham Crackers WG	0	0	0	0	0	0									Fruit/Veg./Juice
																Grains
																Meat/Meat Alternate

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# SEPTEMBER MENU 2024

WEEK 5															
Monday, September 30, 2024							Tuesday, October 1, 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								
81	Mixed Fruit	15	100	0	0	0	0	b	See Next Month's Menu	0	0	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								
2	3 Way Spaghetti	0	0	0	0	0	0								
112	Toss Salad (A) Peas (C)	5	25	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
93	Pineapple	15	60	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								
102	Pretzels (Soft) WG	30	100	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
Wednesday, October 2, 2024							Thursday, October 3, 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>								
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
Menu Items							Menu Items								
<b>Breakfast</b>							<b>Breakfast</b>								
b	See Next Month's Menu	0	0	0	0	0	0								
<b>Lunch</b>							<b>Lunch</b>								
b	See Next Month's Menu	0	0	0	0	0	0								
<b>Snack</b>							<b>Snack</b>								
b	See Next Month's Menu	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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