

REDWOOD

November Menu 2024

WEEK 1																
Monday, October 28, 2024								Tuesday, October 29, 2024								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
Breakfast								Breakfast								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
Lunch								Lunch								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
Snack								Snack								
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, October 30, 2024								Thursday, October 31, 2024								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
Breakfast								Breakfast								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
Lunch								Lunch								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
Snack								Snack								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
Friday, November 1, 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) Sunbutter&Jelly Sandwi	0	0	0	0	0	0									
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0									
81	Mixed Fruit	15	100	0	0	0	0									
Snack																
45	Crackers	20	100	0	0	0	0									
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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November Menu 2024

WEEK 2																
Monday, November 4, 2024							Tuesday, November 5, 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	Milk
10	Banana	15	40	0	0	0	0	84	Juice	15	60	0	0	0	0	Fruit/Veg./Juice
14	Biscuits	12	130	0	0	0	0	16	Muffin WG	30	130	0	0	0	0	Grains
Lunch							Lunch									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
198	Salisbury Steak	0	0	0	0	0	0	158	Chicken Tender Wrap (A) Chicken nugg	0	0	0	0	0	0	Meat/Meat Alternate
79	Mashed Potato	34	160	0	0	0	0	207	lettuce& tomosto in wrap(A) Peas (C)	0	0	0	0	0	0	Fruit/Veg.
23	Carrots	10	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
106	Roll	15	100	0	0	0	0	47	Cream of Chicken & Wild Rice Soup(A)	30	150	0	0	0	0	Grains
Snack							Snack									
80	Milk	12	100	0	0	0	0	45	Crackers	20	100	0	0	0	0	Grains
6	Applesauce	15	60	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
								117	Vanilla Wafers	17	120	0	0	0	0	Fruit/Veg./Juice
Wednesday, November 6, 2024							Thursday, November 7, 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	Milk
88	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0	Grains
Lunch							Lunch									
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	35	Chicken Rice Casserole	25	235	0	0	0	0	Meat/Meat Alternate
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0	61	Green Beans	10	80	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
56	Garlic Bread	12	100	0	0	0	0	106	Roll	15	100	0	0	0	0	Grains
Snack							Snack									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
123	Yogurt	12	80	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Fruit/Veg./Juice
Friday, November 8, 2024																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
80	Milk	12	100	0	0	0	0									Milk
81	Mixed Fruit	15	100	0	0	0	0									Fruit/Veg./Juice
166	BagelWG	0	0	0	0	0	0									Grains
Lunch																
205	Quesadilla	0	0	0	0	0	0									Milk
42	Corn (A) Peas (C)	15	80	0	0	0	0									Meat/Meat Alternate
39	Cinnamon Apples	17	120	0	0	0	0									Fruit/Veg.
74	Lettuce/Tomato/Sour cream (A)	22	65	0	0	0	0									Fruit/Veg.
143	Flour Tortilla	0	0	0	0	0	0									Grains
Snack																
80	Milk	12	100	0	0	0	0									Milk
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg./Juice
																Grains
																Meat/Meat Alternate

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WEEK 3															
Monday, November 11, 2024								Tuesday, November 12, 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
16	Muffin WG	30	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
196	Italian sub (A) Turkey (C)	0	0	0	0	0	0	63	Grilled Chicken	17	60	0	0	0	0
193	Potato Wedges	0	0	0	0	0	0	153	Brussel Sprouts (A) Green Beans (C)	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
121	Bread WG	12	80	0	0	0	0	179	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	102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, November 13, 2024								Thursday, November 14, 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	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
139	Sloppy Joe	0	0	0	0	0	0	37	Chicken Tenders (A) Chicken nugget (C)	25	240	0	0	0	0
41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	61	Green Beans	10	80	0	0	0	0
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
122	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	59	Grape Juice	16	20	0	0	0	0
136	Graham Crackers WG	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0
Friday, November 15, 2024															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
89	Pears	12	80	0	0	0	0								
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
124	Tuna Salad	0	0	0	0	0	0								
48	Cream of Potato Soup	30	150	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
Snack															
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
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Meat/Meat Alternate

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WEEK 4															
Monday, November 18, 2024							Tuesday, November 19, 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	89	Pears	12	80	0	0	0	0
141	Pancakes	35	210	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
148	Ham sandwich	0	0	0	0	0	0	138	Chicken Patty	0	0	0	0	0	0
163	Broccoli Salad (A) Broccoli ©	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
121	Bread WG	12	80	0	0	0	0	122	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
6	Applesauce	15	60	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, November 20, 2024							Thursday, November 21, 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
84	Juice	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
16	Muffin WG	30	130	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
11	BBQ	0	0	0	0	0	0	185	Thnkgsgiving Dinner Turkey	0	0	0	0	0	0
173	Smiley Faces (A&C) Potato Chips (STA	0	0	0	0	0	0	114	Turkey & Dressing	10	50	0	0	0	0
40	Cole Slaw (A) Peaches (C)	12	110	0	0	0	0	206	Green Bean/Mashed Potato	0	0	0	0	0	0
122	Bun	12	100	0	0	0	0	44	Corn Pudding	30	150	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	77	Mandarin Oranges	12	60	0	0	0	0
Friday, November 22, 2024															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
14	Biscuits	12	130	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
203	Pimento Cheese sand (a) Cheese Sand	0	0	0	0	0	0								
118	Vegetable Soup	22	180	0	0	0	0								
89	Pears	12	80	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
28	Cheese	4	180	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
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Meat/Meat Alternate
Fruit/Veg.
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Fruit/Veg./Juice
Grains
Meat/Meat Alternate
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Fruit/Veg./Juice
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Meat/Meat Alternate
Fruit/Veg.
Fruit/Veg.
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Milk
Fruit/Veg./Juice
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Meat/Meat Alternate

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November Menu 2024

WEEK 5																
Monday, November 25, 2024							Tuesday, November 26, 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	Milk
10	Banana	15	40	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0	166	BagelWG	0	0	0	0	0	0	Grains
Lunch							Lunch									
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
31	Chicken Chili	25	100	0	0	0	0	208	Egg,Cheese and Sausage Biscuit	0	0	0	0	0	0	Meat/Meat Alternate
70	Home Fries	25	150	0	0	0	0	66	Hashbrown	22	150	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
45	Crackers	20	100	0	0	0	0	106	Roll	15	100	0	0	0	0	Grains
Snack							Snack									
								202	Bread WG (C)	0	0	0	0	0	0	Grains
84	Juice	15	60	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
130	Cheese String	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Fruit/Veg./Juice
Wednesday, November 27, 2024							Thursday, November 28, 2024									
Breakfast							Breakfast									
80	Milk	12	100	0	0	0	0									Milk
88	Peaches	12	60	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	Fruit/Veg./Juice
169	Cinnamon Roll	0	0	0	0	0	0									Grains
Lunch							Lunch									
80	Milk	12	100	0	0	0	0									Milk
37	Chicken Tenders (A) Chicken nugget (C	25	240	0	0	0	0									Meat/Meat Alternate
55	French Fries/Catsup	22	110	0	0	0	0									Fruit/Veg.
5	Apple Slices	8	30	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	Fruit/Veg.
106	Roll	15	100	0	0	0	0									Grains
Snack							Snack									
80	Milk	12	100	0	0	0	0									Milk
102	Pretzels (Soft) WG	30	100	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	Fruit/Veg./Juice
Friday, November 29, 2024							Friday, November 29, 2024									
Breakfast							Breakfast									
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0									Milk
Lunch							Lunch									
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0									Meat/Meat Alternate
Snack							Snack									
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0									Fruit/Veg./Juice

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