

REDWOOD

January 2024 menu

WEEK 1															
Monday, December 30, 2024								Tuesday, December 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
Wednesday, January 1, 2025								Thursday, January 2, 2025							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
187	Holiday No School	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								88	Peaches	12	60	0	0	0	0
								209	Pancakes WG © Cinnamon Roll (A)	0	0	0	0	0	0
Lunch								Lunch							
187	Holiday No School	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								115	Turkey Cheese/Wheat	12	230	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								Snack							
187	Holiday No School	0	0	0	0	0	0	145	Juice	0	0	0	0	0	0
								123	Yogurt	12	80	0	0	0	0
Friday, January 3, 2025															
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								
16	Muffin WG	30	130	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
126	Grilled Cheese	0	0	0	0	0	0								
125	Tomato Soup	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
102	Pretzels (Soft) WG	30	100	0	0	0	0								

Milk
Fruit/Veg./Juice
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Milk
Meat/Meat Alternate
Fruit/Veg.
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Meat/Meat Alternate
Fruit/Veg.
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Milk
Fruit/Veg./Juice
Grains
Meat/Meat Alternate

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WEEK 2															
Monday, January 6, 2025							Tuesday, January 7, 2025								
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
21	Cereal WG	15	100	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 (A) Chicken Patty (C)	25	100	0	0	0	0	190	Baked Potato w/cheese	0	0	0	0	0	0
101	Potato Wedges	25	100	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
193	Croissant (A) BunWG (C)	0	0	0	0	0	0	47	Cream of Chicken & Wild Rice Soup (A)	30	150	0	0	0	0
Snack							Snack								
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
Wednesday, January 8, 2025							Thursday, January 9, 2025								
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	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
Lunch							Lunch								
80	Milk	12	100	0	0	0	0	80	53	12	100	0	0	0	0
188	Metts, Bratts, Hot Dogs (A) Hamburger(0	0	0	0	0	0	195	Turkey Wrap	0	0	0	0	0	0
196	Corn Salad (A) Green Bean (C)	0	0	0	0	0	0	118	Vegetable Soup	22	180	0	0	0	0
5	Apple Slices	8	30	0	0	0	0	88	Peaches	12	60	0	0	0	0
122	Bun	12	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
Snack							Snack								
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
Friday, January 10, 2025															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
120	Bagel	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
167	Cracked Chicken Spaghetti	0	0	0	0	0	0								
18	Broccoli	10	80	0	0	0	0								
89	Pears	12	80	0	0	0	0								
106	Roll	15	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								

Milk
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WEEK 3															
Monday, January 13, 2025								Tuesday, January 14, 2025							
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
4	Apple Juice	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
65	Ham Sandwich	10	100	0	0	0	0	161	Cheese Bread Stick	0	0	0	0	0	0
100	Potato Salad(A) Mashed Potatos (C)	25	150	0	0	0	0	112	Toss Salad (A) Peas (C)	5	25	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	161	Cheese Bread Stick	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, January 15, 2025								Thursday, January 16, 2025							
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 WG	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
192	BBQ	0	0	0	0	0	0	132	Spaghetti/Meatsauce/Cheese	0	0	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							88	Peaches	12	60	0	0	0	0
99	Potato Chips (A)	25	165	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0
Snack								Snack							
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
Friday, January 17, 2025															
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	80	Milk	12	100	0	0	0	0
191	Chef Salad (A) Turkey Sandwich(C)	0	0	0	0	0	0	38	Chili w/Beans	32	210	0	0	0	0
72	Lettuce (A) Carrots(C)	5	45	0	0	0	0	113	Toss Salad (A) Carrots (C)	5	25	0	0	0	0
88	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
106	Roll	15	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
Snack															
80	Milk	12	100	0	0	0	0								
29	Cheese-Its WG	17	100	0	0	0	0								

Milk
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WEEK 4															
Monday, January 20, 2025								Tuesday, January 21, 2025							
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	89	Pears	12	80	0	0	0	0
166	BagelWG	0	0	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
53	Fish	17	150	0	0	0	0	64	Ham & Bean Soup	18	230	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	70	Home Fries	25	150	0	0	0	0
88	Peaches	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
12	Wheat Bun WG	0	0	0	0	0	0	43	Corn Bread	12	120	0	0	0	0
Snack								Snack							
59	Grape Juice	16	20	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, January 22, 2025								Thursday, January 23, 2025							
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	84	Juice	15	60	0	0	0	0
16	Muffin WG	30	130	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	25	240	0	0	0	0	152	Meat Loaf	0	0	0	0	0	0
61	Green Beans	10	80	0	0	0	0	23	Carrots	10	80	0	0	0	0
89	Pears	12	80	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0
76	Mac & Cheese	17	115	0	0	0	0	106	Roll	15	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	5	Apple Slices	8	30	0	0	0	0
Friday, January 24, 2025															
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								
141	Pancakes	35	210	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
210	Tuna Noodle Casserole	0	0	0	0	0	0								
90	Peas	15	80	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
106	Roll	15	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
136	Graham Crackers WG	0	0	0	0	0	0								

Milk
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January 2024 menu

WEEK 5																
Monday, January 27, 2025								Tuesday, January 28, 2025								
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	
4	Apple Juice	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	
21	Cereal WG	15	100	0	0	0	0	14	Biscuits WG	12	130	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
154	Scrabled Eggs	0	0	0	0	0	0	13	Big Boy Casserole	40	250	0	0	0	0	
67	Hashbrown Casserole	25	200	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
14	Biscuits WG	12	130	0	0	0	0	45	Crackers	20	100	0	0	0	0	
15	Gravy for Biscuits	19	210	0	0	0	0	Snack								
Snack								Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
130	Cheese String	0	0	0	0	0	0	206	Vanilla Wafer	0	0	0	0	0	0	
Wednesday, January 29, 2025								Thursday, January 30, 2025								
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	10	Banana	15	40	0	0	0	0	
49	Cream of Wheat	24	110	0	0	0	0	16	Muffin WG	30	130	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
162	Chicken & Waffles	0	0	0	0	0	0	38	Chili w/Beans	32	210	0	0	0	0	
66	Hashbrown	22	150	0	0	0	0	113	Toss Salad (A) Carrots (C)	5	25	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0	
146	Waffles WG	0	0	0	0	0	0	45	Crackers	20	100	0	0	0	0	
Snack								Snack								
84	Juice	15	60	0	0	0	0	80	Milk	12	100	0	0	0	0	
102	Pretzels (Soft) WG	30	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	
Friday, January 31, 2025																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
80	Milk	12	100	0	0	0	0									
166	BagelWG	0	0	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
181	Chicken Caesar Salad(A) Chicken Nugg	0	0	0	0	0	0									
174	Salad Dressing (A) Broccoli(C)	0	0	0	0	0	0									
6	Applesauce	15	60	0	0	0	0									
56	Garlic Bread	12	100	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
10	Banana	15	40	0	0	0	0									

Milk
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