

REDWOOD

November Menu 2025

WEEK 1															
Monday, November 3, 2025								Tuesday, November 4, 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
89	Pears	12	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
49	Cream of Wheat	24	110	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
11	BBQ	0	0	0	0	0	0	158	Chicken Tender Wrap (A) Chicken nugg	10	160	0	0	0	0
41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	48	Cream of Potato Soup	15	150	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	22	60	0	0	0	0
188	Potato Chips (A)	0	0	0	0	0	0	143	Flour Tortilla (a) Roll (C)	23.5	145	0	0	0	0
12	Wheat Bun	0	0	0	0	0	0								
	Snack								Snack						
80	Milk	12	100	0	0	0	0								
102	Pretzels (Soft) WG	30	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
								28	Cheese	4	180	0	0	0	0
Wednesday, November 5, 2025								Thursday, November 6, 2025							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
	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	10	Banana	15	40	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
13	Big Boy Casserole	40	250	0	0	0	0	36	Chicken Salad	25	100	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	151	Sweet Potato Tots	0	0	0	0	0	0
6	Applesauce	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0
121	Bread WG	12	80	0	0	0	0	211	Toast(A) Slider Bun (C)	0	0	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, November 7, 2025															
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
141	Pancakes WG	35	210	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
149	Taco Salad Chips/Salsa (A) Tacos (C)	0	0	0	0	0	0								
159	lettuce,tom., sour cream (A) Carrots (C	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
	Snack														
80	Milk	12	100	0	0	0	0								
29	Cheese-Its WG	17	100	0	0	0	0								

Milk
Fruit/Veg./Juice
Grains
Grains

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

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

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November Menu 2025

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

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REDWOOD

November Menu 2025

WEEK 3															
Monday, November 17, 2025								Tuesday, November 18, 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	81	Mixed Fruit	15	100	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	141	Pancakes WG	35	210	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
138	Chicken Patty	0	0	0	0	0	0	115	Turkey Cheese Sandwiches	12	230	0	0	0	0
186	Tater tots	0	0	0	0	0	0	171	Broccoli Soup	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	5	Apple Slices	8	30	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	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 19, 2025								Thursday, November 20, 2025							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
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	185	Thnkssgiving Dinner Turkey	0	0	0	0	0	0
41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	114	Turkey & Dressing	10	50	0	0	0	0
89	Pears	12	80	0	0	0	0	206	Green Bean/Mashed Potato	0	0	0	0	0	0
12	Wheat Bun	0	0	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
136	Graham Crackers WG	0	0	0	0	0	0								
Friday, November 21, 2025															
Item#	Menu Items														
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								
126	Grilled Cheese	0	0	0	0	0	0								
125	Tomato Soup	0	0	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
Snack															
59	Grape Juice	16	20	0	0	0	0								
123	Yogurt	12	80	0	0	0	0								

Milk
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November Menu 2025

WEEK 4															
Monday, November 24, 2025								Tuesday, November 25, 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
10	Banana	15	40	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
166	BagelWG	0	0	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
209	Hot Dog W/ Ch (A) Cheeseburger (C)	0	0	0	0	0	0	190	Baked Potato w/cheese	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	18	Broccoli	10	80	0	0	0	0
94	Pineapple Pretz Salad(A) Pineapple(C	30	100	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
12	Wheat Bun	0	0	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
6	Applesauce	15	60	0	0	0	0								
								102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, November 26, 2025								Thursday, November 27, 2025							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0								
84	Juice	15	60	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
141	Pancakes WG	35	210	0	0	0	0								
Lunch								Lunch							
80	Milk	12	100	0	0	0	0								
181	Chicken Caesar Salad(A) chicken sandw	0	0	0	0	0	0								
72	Lettuce (A) mixed Vegetable (C)	5	45	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0								
187	roll (A) Bread WG (C)	0	0	0	0	0	0								
Snack								Snack							
80	Milk	12	100	0	0	0	0								
								144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
123	Yogurt	12	80	0	0	0	0								
Friday, November 28, 2025															
Item#	Menu Items														
Breakfast															
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								
Lunch															
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								
Snack															
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								

Milk
Fruit/Veg./Juice
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November Menu 2025

WEEK 5															
Monday, December 1, 2025								Tuesday, December 2, 2025							
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, December 3, 2025								Thursday, December 4, 2025							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
	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, December 5, 2025															
Item#	Menu Items														
	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								

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