WEEK 1

REDWOOD

November Menu 2025

	Monday, Novembe	er 3, 20	25						Tuesday, Novem	ber 4, 2	2025					
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	Fib	Sod	
	Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
89	Pears	12	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg./Juice
49	Cream of Wheat	24	110	0	0	0	0	146	Waffles WG	0	0	0	0	0	0	Grains
																Grains
	Lunch								Lunch			_				
	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
	BBQ	0	0	0	0	0	0	158	Chicken Tender Wrap (A) Chicken nug	10	160	0	0	0	0	Meat/Meat Alterna
41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	48	Cream of Potato Soup	15	150	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	22	60 145	0	0	0	0	Fruit/Veg.
188 12	Potato Chips (A) Wheat Bun	0	0	0	0	0	0	143	Flour Tortilla (a) Roll (C)	23.5	145	0	0	0	0	Grains
12		U	U	U	U	U	U		Charle							Grains
80	Snack Milk	12	100	0	0	0	0		Snack	1						Milk
60	IVIIIK	12	100	U	U	U	U			1						Fruit/Veg./Juice
102	Pretzels (Soft) WG	30	100	0	0	0	0	45	Crackers	20	100	0	0	0	0	Grains
102	Ticizcia (Goit) WG	30	100	-	0		-	28	Cheese	4	180	0	0	0	0	Meat/Meat Alterna
	Wednesday, Novem	her 5	2025					20	Thursday, Noven			U	U		U	Weat Weat Alterna
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	ibei o,	2023			_		
ILCIII#	Breakfast	Carb	Cai	<u> </u>	<u>ı aı</u>	110	300	Item	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	10	Banana	15	40	0	0	0	0	Fruit/Veg./Juice
	Muffin WG	30	130	0	0	0	0	21	Cereal WG	15	100	0	0	0	0	Grains
10	Maini WG	- 00	100	Ŭ	Ü	Ů	Ŭ		Coron WC	10	100	Ů	_			Grains
	Lunch								Lunch							0.40
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
	Big Boy Casserole	40	250	0	0	0	0	36	Chicken Salad	25	100	0	0	0	0	Meat/Meat Alterna
55	French Fries/Catsup	22	110	0	0	0	0	151	Sweet Potato Tots	0	0	0	0	0	0	Fruit/Veg.
6	Applesauce	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg.
121	Bread WG	12	80	0	0	0	0	211	Toast(A) Slider Bun (C)	0	0	0	0	0	0	Grains
																Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Veg./Juice
136	Graham Crackers WG	0	0	0	0	0	0									Grains
								123	Yogurt	12	80	0	0	0	0	Meat/Meat Alternat
	Friday, Novembe	r 7, 202	25													
<u>ltem#</u>	Menu Items															
	Breakfast															
80	Milk	12	100	0	0	0	0									Milk
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg./Juice
141	Pancakes WG	35	210	0	0	0	0									Grains
								l								Grains
00	Lunch	40	400	_	_	_	_									A CU.
80	Milk	12	100	0	0	0	0	ł								Milk
149	Taco Salad Chips/Salsa (A) Tacos (C)	0	0	0	0	0	0	ł								Meat/Meat Alterna
159 10	lettuce,tom,, sour cream (A) Carrots (C Banana	0	40	0	0	0	0	ł								Fruit/Veg.
10	Danana	15	40	U	U	U	U									Fruit/Veg.
																Grains Grains
	Snack							ł								Grains
		12	100	0	0	0	0	1								Milk
80	Milk					U	U									IVIIIIN
80	Milk	12	100					1								Fruit/Vea / Juice
					0	0	0									Fruit/Veg./Juice Grains
29	Milk Cheese-Its WG	17	100	0	0	0	0									Fruit/Veg./Juice Grains Meat/Meat Alterna

REDWOOD

November Menu 2025

							WEE	K 2								
	Monday, Novembe	er 10, 2	025						Tuesday, Novemb	er 11,	2025					
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	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
																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	37	Chicken Tenders (A) Chicken nugget (25	240	0	0	0	0	Meat/Meat Alte
79	Mashed Potato	34	160	0	0	0	0	61	Green Beans	10	80	0	0	0	0	Fruit/Veg.
23	Carrots	10	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
																Grains
106	Roll	15	100	0	0	0	0	76	Mac & Cheese	17	115	0	0	0	0	Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
6	Applesauce	15	60	0	0	0	0									Fruit/Veg./Juice
								117	Vanilla Wafers	17	120	0	0	0	0	Grains
																Meat/Meat Alte
	Wednesday, Novem	ber 12,	2025						Thursday, Novemb	ber 13,	2025					
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items							
	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
																Grains
	Lunch								Lunch							
180	Beef Nachos (A) Taco (C)	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
97	Refried Beans (A) Green Beans (C)	30	150	0	0	0	0	35	Chicken Rice Casserole	25	235	0	0	0	0	Meat/Meat Alter
39	Cinnamon Apples	17	120	0	0	0	0	18	Broccoli	10	80	0	0	0	0	Fruit/Veg.
74	Lettuce/Tomato/Sour cream (A)	22	65	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
142	flour tortilla (c) Tortilla Chips (A)	0	0	0	0	0	0	106	Roll	15	100	0	0	0	0	Grains
																Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Veg./Juice
								57	Goldfish Crackers WG	20	100	0	0	0	0	Grains
123	Yogurt	12	80	0	0	0	0									Meat/Meat Alter
	Friday, November	r 14, 20	25													
Item#	Menu Items															
	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
																Grains
	Lunch															
122	Tuna Nooodle Casserole	12	100	0	0	0	0									Milk
90	Peas	15	80	0	0	0	0									Meat/Meat Alte
10	Banana	15	40	0	0	0	0									Fruit/Veg.
106	Roll	15	100	0	0	0	0									Fruit/Veg.
																Grains
																Grains
	Snack															
80	Milk	12	100	0	0	0	0									Milk
00								Ī								
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Vea./Juice
	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg./Juice Grains

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November Menu 2025

							WEE	K 3								
	Monday, Novemb	er 17. 20	025						Tuesday, Novei	nber 18.	2025					
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	Carb		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	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg./J
16	Muffin WG	30	130	0	0	0	0	141	Pancakes WG	35	210	0	0	0	0	Grains
							_									Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
138	Chicken Patty	0	0	0	0	0	0	115	Turkey Cheese Sandwiches	12	230	0	0	0	0	Meat/Meat A
186	Tater tots	0	0	0	0	0	0	171	Broccoli Soup	0	0	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	5	Apple Slices	8	30	0	0	0	0	Fruit/Veg.
12	Wheat Bun	0	0	0	0	0	0	121	Bread WG	12	80	0	0	0	0	Grains
12	Wilcat Buil	U	-	Ū	-	-		121	Dicad WG	12	- 00	U	Ū	-	U	Grains
	Snack								Snack							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
00	IVIIIK	12	100	U	U	-	-	00	IVIIIK	12	100	U	U	U	0	Fruit/Veg./Jui
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
31	Goldlish Crackers WG	20	100	U	U	U	-	102	Freizeis (Soit) WG	30	100	U	U	U	U	Meat/Meat Al
	Wednesday, Novem	hor 19	2025			<u> </u>	<u> </u>		Thursday, Nove	mher 20	2025				1	ivical/ivical A
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	111561 20,	2023			1		
itemin	Breakfast	Jain	Jai	110	<u>ı at</u>	1.10	000	itemi	Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Jui
14	Biscuits	12	130	0	0	0	0	146	Waffles WG	0	0	0	0	0	0	Grains
14	Biscuits	12	130	U	U	U	-	140	walles we	- 0	-	U	U	U	U	Grains
	Lunch								Lunch							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
139		0	0	0	0	0	0	185	Thnksgiving Dinner Turkey	0	0	0	0	0	0	Meat/Meat Al
	Sloppy Joe													0		
41	Cole Slaw (A) Peas (C)	12	110	0	0	0	0	114	Turkey & Dressing	10	50	0	0		0	Fruit/Veg.
89	Pears	12	80	0	0	0	0	206	Green Bean/Mashed Potato	0	0	0	0	0	0	Fruit/Veg.
40	M/h 4 D		_	_			_	44	Corn Pudding	30	150	0	0	0	0	Grains
12	Wheat Bun	0	0	0	0	0	0	7	Asst. Desserts	5	45	0	0	0	0	Grains
	Snack	40	400	_					Snack	- 10	400	_	_			B 4***
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
				_										1		Fruit/Veg./Jui
136	Graham Crackers WG	0	0	0	0	0	0							<u> </u>		Grains
																Meat/Meat Al
	Friday, Novembe	r 21, 20	25			1	_									
ltem#	Menu Items Breakfast															
00		40	400	_			_							1		NATIO.
80	Milk	12	100	0	0	0	0									Milk
89	Pears Mile and A	12	80	0	0	0	0									Fruit/Veg./Jui
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0				1					Grains
	Lucati						1				1					Grains
00	Lunch	40	400	_	_	_	_									N. dilli.
80	Milk	12	100	0	0	0	0									Milk
126	Grilled Cheese	0	0	0	0	0	0									Meat/Meat A
125	Tomato Soup	0	0	0	0	0	0									Fruit/Veg.
93	Pineapple	15	60	0	0	0	0									Fruit/Veg.
121	Bread WG	12	80	0	0	0	0									Grains
																Grains
	Snack															
																Milk
59	Grape Juice	16	20	0	0	0	0									Fruit/Veg./Ju
																Grains
123	Yogurt	12	80	0	0	0	0									Meat/Meat Alt

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November Menu 2025

							WEE	K 4							
	Monday, Novembe	r 24, 2	025						Tuesday, Noven	nber 25,	2025				
ltem#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	ltem#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	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
	Lumah		_						Lumah						
80	Lunch Milk	12	100	0	0	0	0	80	Lunch 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, Novemb			_					Thursday, Nove	mber 27,	2025			1	
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items						
80	Breakfast Milk	12	100	0	0	0	0		Breakfast						
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	177	HOLIDAT GOTIOGE GEOGED	Ů	0	0	0	U	Ü
	T direction TVC	00	2.10	Ŭ	Ů	Ů	Ů								
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0								
181	Chicken Caesar Salad(A) chiken 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								
00	Snack	40	100						Snack						
80	Milk	12	100	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
			_					144	HOLIDAT SCHOOL CLOSED	- 0	U	-	U		U
123	Yogurt	12	80	0	0	0	0								
	Friday, November								<u> </u>						
Item#	Menu Items	, _,						1							
	Breakfast							1							
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	1							
	Lunch			_			0								
144	Lunch HOLIDAY SCHOOL CLOSED	0	0	0	0	0	·								
144		0	0	0	0	0	Ů								
144		0	0	0	0	0									
144		0	0	0	0										
144		0	0	0	0										
144	HOLIDAY SCHOOL CLOSED	0	0	0	0										
144	HOLIDAY SCHOOL CLOSED Snack	0	0	0	0	0	0								
	HOLIDAY SCHOOL CLOSED														
	HOLIDAY SCHOOL CLOSED Snack														

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November Menu 2025

							WEE	K 5							
	Monday, Dec								Tuesday, Dec						
ltem#	Menu Items Breakfast	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items Breakfast	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod
В	See Next Month's Menu	0	0	0	0	0	0	В	See Next Month's Menu	0	0	0	0	0	0
В	See Next World's Werld	U	U	U	U	U	U	Б	See Next Month's Menu	U	U	U	U	U	U
	Lunch								Lunch						
	Lunch								Luncii						
								В	See Next Month's Menu	0	0	0	0	0	0
В	See Next Month's Menu	0	0	0	0	0	0	Б	OCC NOX WORLTS WORLD	Ů	Ū	U			
	Snack								Snack						
В	See Next Month's Menu	0	0	0	0	0	0	В	See Next Month's Menu	0	0	0	0	0	0
					_	_									
	Wednesday, De	cember 3,	2025						Thursday, Dec	cember 4, 2	2025				
Item#	Menu Items	Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items						
	Breakfast								Breakfast						
В	See Next Month's Menu	0	0	0	0	0	0	В	See Next Month's Menu	0	0	0	0	0	0
	Lunch								Lunch						
								В	See Next Month's Menu	0	0	0	0	0	0
В	See Next Month's Menu	0	0	0	0	0	0								
	Snack								Snack						
			_					_		0	_	_	_		
В	See Next Month's Menu	0	0	0	0	0	0	В	See Next Month's Menu	0	0	0	0	0	0
	Friday, Dece	mber 5, 201	25												
Item#	Menu Items														
	Breakfast														
В	See Next Month's Menu	0	0	0	0	0	0								
	Lunch														
В	See Next Month's Menu	0	0	0	0	0	0								
	Snack														
В	See Next Month's Menu	0	0	0	0	0	0								
В	See Next Month's Menu	U	U	U	U	U	U								