

REDWOOD

December Menu 2025

WEEK 1															
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							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
46	Cranraisins	15	50	0	0	0	0	89	Pears	12	80	0	0	0	0
83	Oatmeal	29	210	0	0	0	0	123	Yogurt	12	80	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
63	Grilled Chicken	17	60	0	0	0	0	209	Fish Tacos ( A ) Fish Nuggets ( C )	0	0	0	0	0	0
194	Broccoli Salad (A) Broccoli ( C )	0	0	0	0	0	0	211	Street Corn ( A ) Carrots ( C )	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
12	Bun wg	0	0	0	0	0	0	143	Flour Tortilla (A) Roll( 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
29	Cheese-Its WG	17	100	0	0	0	0	130	Cheese String	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							
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	93	Pineapple	15	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
204	Corn Dog (A) Chicken Nuggets ( c )	0	0	0	0	0	0	103	Shredded Beef Sandwich	30	100	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	61	Green Beans	10	80	0	0	0	0
88	Peaches	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
106	Roll	15	100	0	0	0	0	12	Bun wg	0	0	0	0	0	0
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	57	Goldfish Crackers WG	20	100	0	0	0	0
Friday, December 5, 2025															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
146	Waffles WG	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
212	Greek Chicken Flat Bread	0	0	0	0	0	0								
193	Potato Wedges	0	0	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								

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

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December Menu 2025

WEEK 2															
Monday, December 8, 2025								Tuesday, December 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
10	Banana	15	40	0	0	0	0	88	Peaches	12	60	0	0	0	0
21	Cereal WG	15	100	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
134	Quiche	0	0	0	0	0	0	116	Turkey Sausage	15	60	0	0	0	0
210	Spring Salad (A ) broccoli (C )	0	0	0	0	0	0	66	Hashbrown	22	150	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0
								54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0
16	Muffin WG	30	130	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								
								117	Vanilla Wafers	17	120	0	0	0	0
Wednesday, December 10, 2025								Thursday, December 11, 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
46	Cranraisins	15	50	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
49	Cream of Wheat	24	110	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
198	Salisbury Steak	0	0	0	0	0	0	207	Cream Chicken	0	0	0	0	0	0
79	Mashed Potato	34	160	0	0	0	0	90	Peas	15	80	0	0	0	0
61	Green Beans	10	80	0	0	0	0	88	Peaches	12	60	0	0	0	0
106	Roll	15	100	0	0	0	0	208	Noodles	0	0	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	57	Goldfish Crackers WG	20	100	0	0	0	0
Friday, December 12, 2025															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
89	Pears	12	80	0	0	0	0								
120	Bagel	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
96	Pizza	35	225	0	0	0	0								
113	Toss Salad (A) Carrots (C )	5	25	0	0	0	0								
10	Banana	15	40	0	0	0	0								
96	Pizza	35	225	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								

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

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WEEK 3															
Monday, December 15, 2025								Tuesday, December 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
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	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
124	Tuna Salad	0	0	0	0	0	0	199	Turkey Stuffing Casserole	0	0	0	0	0	0
101	Potato Wedges	25	100	0	0	0	0	23	Carrots	10	80	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	0	0	0	0
213	Toast(A) Bread (C)	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
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, December 17, 2025								Thursday, December 18, 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
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	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
167	Cracked Chicken Spaghetti	0	0	0	0	0	0	51	Eggs Scrambled w/Cheese	25	100	0	0	0	0
18	Broccoli	10	80	0	0	0	0	66	Hashbrown	22	150	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	10	Banana	15	40	0	0	0	0
56	Garlic Bread	12	100	0	0	0	0	15	Gravy for Biscuits	19	210	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	14	Biscuits WG	12	130	0	0	0	0
136	Graham Crackers WG	0	0	0	0	0	0	59	Grape Juice	16	20	0	0	0	0
								123	Yogurt	12	80	0	0	0	0
Friday, December 19, 2025															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
4	Apple Juice	12	60	0	0	0	0								
165	Cinnamon Roll	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
11	BBQ	0	0	0	0	0	0								
186	Tater tots	0	0	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
12	Bun wg	0	0	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  
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Meat/Meat Alternate  
Fruit/Veg.  
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Fruit/Veg./Juice  
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Fruit/Veg./Juice  
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Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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December Menu 2025

WEEK 4															
Monday, December 22, 2025								Tuesday, December 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
89	Pears	12	80	0	0	0	0	46	Cranraisins	15	50	0	0	0	0
52	English Muffin Marg/Butter/Jelly WG	12	100	0	0	0	0	83	Oatmeal	29	210	0	0	0	0
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
32	Fajitas/Cheese	22	290	0	0	0	0	199	Turkey Stuffing Casserole	0	0	0	0	0	0
42	Corn (A) Peas (C )	15	80	0	0	0	0	23	Carrots	10	80	0	0	0	0
39	Cinnamon Apples	17	120	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
								106	Roll	15	100	0	0	0	0
147	Flour Tortilla	0	0	0	0	0	0								
	Snack								Snack						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
45	Crackers	20	100	0	0	0	0	30	Chex Mix	12	80	0	0	0	0
28	Cheese	4	180	0	0	0	0								
Wednesday, December 24, 2025								Thursday, December 25, 2025							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
	Breakfast								Breakfast						
187	Holiday No School	0	0	0	0	0	0	187	Holiday No School	0	0	0	0	0	0
	Lunch								Lunch						
187	Holiday No School	0	0	0	0	0	0	187	Holiday No School	0	0	0	0	0	0
	Snack								Snack						
187	Holiday No School	0	0	0	0	0	0	187	Holiday No School	0	0	0	0	0	0
Friday, December 26, 2025															
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
16	Muffin WG	30	130	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
138	Chicken Patty	0	0	0	0	0	0								
186	Tater tots	0	0	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
122	Bun wg (c )	12	100	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.  
Fruit/Veg.  
Grains  
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Milk  
Fruit/Veg./Juice  
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Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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December Menu 2025

WEEK 5															
Monday, December 29, 2025								Tuesday, December 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
10	Banana	15	40	0	0	0	0	4	Apple Juice	12	60	0	0	0	0
166	BagelWG	0	0	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
140	Cheeseburger	0	0	0	0	0	0	37	Chicken Tenders	25	240	0	0	0	0
168	Baked Beans (A ) Grenn Beans ©	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
40	Cole Slaw (A ) Peaches (C )	12	110	0	0	0	0	93	Pineapple	15	60	0	0	0	0
122	Bun wg (c )	12	100	0	0	0	0	106	Roll	15	100	0	0	0	0
Snack								Snack							
77	Mandarin Oranges	12	60	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0
Wednesday, December 31, 2025								Thursday, January 1, 2026							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0								
93	Pineapple	15	60	0	0	0	0	B	See Next Month's Menu	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								
115	Turkey Cheese Sandwiches	12	230	0	0	0	0								
118	Vegetable Soup	22	180	0	0	0	0								
89	Pears	12	80	0	0	0	0	B	See Next Month's Menu	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								
102	Pretzels (Soft) WG	30	100	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
Friday, January 2, 2026															
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  
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  
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Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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