REDWOOD

December Menu 2025

| | | | | | | | WEE | K 1 | | | | | | | | |
|---------|----------------------------------|-----------|------|----------|-----|-----|----------|-------|------------------------------------|-----------|----------|-----|-----|-----|-----|------------------|
| | Monday, Decem | oer 1, 20 | 25 | | | | | | Tuesday, Decer | nber 2, 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 | Milk |
| 46 | Cranraisins | 15 | 50 | 0 | 0 | 0 | 0 | 89 | Pears | 12 | 80 | 0 | 0 | 0 | 0 | Fruit/Veg./J |
| 83 | Oatmeal | 29 | 210 | 0 | 0 | 0 | 0 | 123 | Yogurt | 12 | 80 | 0 | 0 | 0 | 0 | Grains |
| | | | | | | | | | | | | | | | | Grains |
| | Lunch | 10 | 400 | | | | | | Lunch | 10 | 400 | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | Milk |
| 63 | Grilled Chicken | 17 | 60 | 0 | 0 | 0 | 0 | 209 | Fish Tacos (A) Fish Nuggets (C) | 0 | 0 | 0 | 0 | 0 | 0 | Meat/Meat A |
| 194 | Broccoli Salad (A) Broccoli (C) | 0 | 0 | 0 | 0 | 0 | 0 | 211 | Street Corn (A) Carrots (C) | 0 15 | 0 100 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| 77 | Mandarin Oranges | 12 | 60 | U | U | U | U | 81 | Mixed Fruit | 15 | 100 | U | 0 | U | 0 | Fruit/Veg. |
| 10 | Dun ver | 0 | 0 | 0 | 0 | 0 | 0 | 143 | Flour Tertille (A) Dell(C) | 0 | 0 | 0 | 0 | 0 | 0 | Grains Grains |
| 12 | Bun wg Snack | U | U | U | U | U | U | 143 | Flour Tortilla (A) Roll(C) Snack | U | U | U | U | U | U | Grains |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | Milk |
| 80 | IIIIII | 12 | 100 | U | U | U | U | 60 | INIIV | 12 | 100 | U | U | U | U | Fruit/Veg./Ju |
| 29 | Cheese-Its WG | 17 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| 23 | O110030-113 VV O | 17 | 100 | | U | | - | 130 | Cheese String | 0 | 0 | 0 | 0 | 0 | 0 | Meat/Meat A |
| | Wednesday, Dece | nhor 3 | 2025 | | | | <u> </u> | 100 | Thursday, Dece | | | U | U | | Ŭ | WCat/Wcat A |
| Item# | Menu Items | Carb | Cal | Pro | Fat | Fib | Sod | Item# | Menu Items | 1.501 4, | | | | | | |
| iteiii# | Breakfast | Carb | Cai | <u> </u> | Iat | 110 | 30u | Item | Breakfast | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | Milk |
| 4 | Apple Juice | 12 | 60 | 0 | 0 | 0 | 0 | 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 | Fruit/Veg./Ju |
| 21 | Cereal WG | 15 | 100 | 0 | 0 | 0 | 0 | 14 | Biscuits WG | 12 | 130 | 0 | 0 | 0 | 0 | Grains |
| 21 | CCICAI WO | 10 | 100 | - | - | - | | | Discuits WC | 12 | 130 | - | - | | Ü | Grains |
| | Lunch | | | | | | | | Lunch | | | | | | | Ordino |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | Milk |
| 204 | Corn Dog (A) Chicken Nuggets (c) | 0 | 0 | 0 | 0 | 0 | 0 | 103 | Shredded Beef Sandwich | 30 | 100 | 0 | 0 | 0 | 0 | Meat/Meat A |
| 55 | French Fries/Catsup | 22 | 110 | 0 | 0 | 0 | 0 | 61 | Green Beans | 10 | 80 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| 88 | Peaches | 12 | 60 | 0 | 0 | 0 | 0 | 6 | Applesauce | 15 | 60 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| | | | | | | | | | | | | | | | | Grains |
| 106 | Roll | 15 | 100 | 0 | 0 | 0 | 0 | 12 | Bun wg | 0 | 0 | 0 | 0 | 0 | 0 | Grains |
| | Snack | | | | | | | | Snack | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | Milk |
| | | | | | | | | | | | | | | | | Fruit/Veg./Ju |
| 136 | Graham Crackers WG | 0 | 0 | 0 | 0 | 0 | 0 | 57 | Goldfish Crackers WG | 20 | 100 | 0 | 0 | 0 | 0 | Grains |
| | | | | | | | | | | | | | | | | Meat/Meat A |
| | Friday, Decemb | er 5, 202 | 25 | | | | | | | | | | | | | |
| Item# | Menu Items | | | | | | | 1 | | | | | | | | |
| | Breakfast | | | | | | | 1 | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| 77 | Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg./Ju |
| 146 | Waffles WG | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | Grains |
| | Lunch | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| 212 | Greek Chicken Flat Bread | 0 | 0 | 0 | 0 | 0 | 0 | I | | | | | | | | Meat/Meat A |
| 193 | Potato Wedges | 0 | 0 | 0 | 0 | 0 | 0 | 1 | | | | | | | | Fruit/Veg. |
| 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 | J | | | | | | | | Fruit/Veg. |
| | | | | | | | | | | | | | | | | Grains |
| 121 | Bread WG | 12 | 80 | 0 | 0 | 0 | 0 | 1 | | | | | | | | Grains |
| | Snack | | | | | | | 1 | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | J | | | | | | | | Milk |
| 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | 1 | | | | | | | | Fruit/Veg./Ju |
| | | | | | | | | I | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | Meat/Meat A |

REDWOOD

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| | | | | | | | WEE | K 2 | | | | | | | | İ |
|--------------|---------------------------------|-----------|-------|-----|------------|-----|-----|-------|--------------------------|-----------|------|-----|------------|-----|-----|---------------------|
| | Monday, Decem | ber 8. 20 | 025 | | | | | | Tuesday, Decen | nber 9. 2 | 2025 | | | | | |
| Item# | Menu Items | Carb | | Pro | Fat | Fib | Sod | Item# | Menu Items | Carb | | Pro | <u>Fat</u> | Fib | Sod | • |
| | Breakfast | | | | <u> </u> | | | | 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 | 88 | Peaches | 12 | 60 | 0 | 0 | 0 | 0 | Fruit/Veg./Juice |
| 21 | Cereal WG | 15 | 100 | 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 |
| 134 | Quiche | 0 | 0 | 0 | 0 | 0 | 0 | 116 | Turkey Sausage | 15 | 60 | 0 | 0 | 0 | 0 | Meat/Meat Alternat |
| 210 | Spring Salad (A) broccoli (C) | 0 | 0 | 0 | 0 | 0 | 0 | 66 | Hashbrown | 22 | 150 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 | 39 | Cinnamon Apples | 17 | 120 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| | | | | | | | | 54 | Fr. Toast/Syrup-Wheat(A) | 12 | 180 | 0 | 0 | 0 | 0 | Grains |
| 16 | Muffin WG | 30 | 130 | 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 Alternate |
| | Wednesday, Decei | mber 10, | 2025 | | | | | | Thursday, Decen | nber 11, | 2025 | | | | | • |
| Item# | Menu Items | Carb | Cal | Pro | <u>Fat</u> | Fib | Sod | Item# | Menu Items | | | | | | | |
| | Breakfast | | | | | | | | Breakfast | | | | | | | • |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | Milk |
| 46 | Cranraisins | 15 | 50 | 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 | 165 | Cinnamon Roll | 0 | 0 | 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 | 207 | Cream Chicken | 0 | 0 | 0 | 0 | 0 | 0 | Meat/Meat Alternat |
| 79 | Mashed Potato | 34 | 160 | 0 | 0 | 0 | 0 | 90 | Peas | 15 | 80 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| 61 | Green Beans | 10 | 80 | 0 | 0 | 0 | 0 | 88 | Peaches | 12 | 60 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| | | | | | | | | | | | | | | | | Grains |
| 106 | Roll | 15 | 100 | 0 | 0 | 0 | 0 | 208 | Noodles | 0 | 0 | 0 | 0 | 0 | 0 | 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 Alternate |
| | Friday, Decemb | er 12, 20 |)25 | | | | | | | | | | | | | |
| <u>ltem#</u> | Menu Items | | _ | | | | | | | | | | | | | |
| | Breakfast | 1.5 | 1.00 | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| 89 | Pears | 12 | 80 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg./Juice |
| 120 | Bagel | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | Grains |
| | Lunch | | 4.5.5 | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| 96 | Pizza | 35 | 225 | 0 | 0 | 0 | 0 | | | | | | | | | Meat/Meat Alternat |
| 113 | Toss Salad (A) Carrots (C) | 5 | 25 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg. |
| 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg. |
| 00 | D: | 0.5 | 005 | | | | | | | | | | | | | Grains |
| 96 | Pizza | 35 | 225 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| | Snack | | 1 | 0 | 0 | 0 | 0 | | | | | | | | | Mille |
| 00 | Maile | 40 | | | | | | | | | | | | | | Milk |
| 80 | Milk Mandarin Orangas | 12 | 100 | _ | | | | | | | | | | | | |
| 80 77 | Milk Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg./Juice |
| | | | | _ | | | | | | | | | | | | |

REDWOOD

December Menu 2025

| | | | | | | | WEE | K 3 | | | | | | | | _ |
|-------|--|-----------|------|-----|------------|-----|-----|-------|---------------------------|----------|------|-----|------------|------------|-----|------------------------------------|
| | Monday, Decemb | er 15, 20 | 025 | | | | | | Tuesday, Decen | nber 16, | 2025 | | | | | |
| Item# | Menu Items | Carb | Cal | Pro | <u>Fat</u> | Fib | 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 |
| 88 | Peaches | 12 | 60 | 0 | 0 | 0 | 0 | 6 | Applesauce | 15 | 60 | 0 | 0 | 0 | 0 | Fruit/Veg./Juice |
| 16 | Muffin WG | 30 | 130 | 0 | 0 | 0 | 0 | 146 | Waffles WG | 0 | 0 | 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 |
| 124 | Tuna Salad | 0 | 0 | 0 | 0 | 0 | 0 | 199 | Turkey Stuffing Casserole | 0 | 0 | 0 | 0 | 0 | 0 | Meat/Meat Alter |
| 101 | Potato Wedges | 25 | 100 | 0 | 0 | 0 | 0 | 23 | Carrots | 10 | 80 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 | 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| 213 | Toast(A) Bread (C) | 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 | 102 | Pretzels (Soft) WG | 30 | 100 | 0 | 0 | 0 | 0 | Grains |
| | | | | | | | | | | | | | | | | Meat/Meat Alter |
| | Wednesday, Decem | ber 17, | 2025 | | | | | | Thursday, Decer | nber 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 | Milk |
| 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 | 88 | Peaches | 12 | 60 | 0 | 0 | 0 | 0 | Fruit/Veg./Juice |
| 14 | Biscuits WG | 12 | 130 | 0 | 0 | 0 | 0 | 120 | Bagel | 0 | 0 | 0 | 0 | 0 | 0 | Grains |
| | | | | | | | | | Š | | | | | | | Grains |
| | Lunch | | | | | | | | Lunch | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | Milk |
| 167 | Cracked Chicken Spaghetti | 0 | 0 | 0 | 0 | 0 | 0 | 51 | Eggs Scrambled w/Cheese | 25 | 100 | 0 | 0 | 0 | 0 | Meat/Meat Alteri |
| 18 | Broccoli | 10 | 80 | 0 | 0 | 0 | 0 | 66 | Hashbrown | 22 | 150 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| 77 | Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 | 10 | Banana | 15 | 40 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| | , and the second | | | | | | | 15 | Gravy for Biscuits | 19 | 210 | 0 | 0 | 0 | 0 | Grains |
| 56 | Garlic Bread | 12 | 100 | 0 | 0 | 0 | 0 | 14 | Biscuits WG | 12 | 130 | 0 | 0 | 0 | 0 | Grains |
| | Snack | | | | | | | | Snack | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| | | | | | | | | 59 | Grape Juice | 16 | 20 | 0 | 0 | 0 | 0 | Fruit/Veg./Juice |
| 136 | Graham Crackers WG | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| | | | | | | | | 123 | Yogurt | 12 | 80 | 0 | 0 | 0 | 0 | Meat/Meat Alter |
| | Friday, Decembe | r 19, 20 | 25 | | | | | | | | | | | | | |
| Item# | Menu Items | | | | | | | 1 | | | | | | | | |
| | Breakfast | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| 4 | Apple Juice | 12 | 60 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg./Juice |
| 165 | Cinnamon Roll | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | Grains |
| | Lunch | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| 11 | BBQ | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | Meat/Meat Alter |
| 186 | Tater tots | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg. |
| 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg. |
| 12 | Bun wg | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| | 9 | Ť | | Ť | Ť | Ť | Ť | | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | |
| | Snack | | | | | | | | | | | | | | | |
| 80 | Snack Milk | 12 | 100 | Λ | Λ | Λ | 0 | | | | | | | | | Milk |
| 80 | Snack Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk Fruit/Veg / Juice |
| 80 | | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk Fruit/Veg./Juice Grains |

REDWOOD

December Menu 2025

| | | | | | | | WEE | K 4 | | | | | | | | |
|---------|-------------------------------------|----------|-----|------------|-------------|------------|------------|-------|-----------------------------------|------------|------|------------|------------|------------|-----|----------------------|
| | Monday, Decembe | | | | | | | | Tuesday, Decer | | | | | | | |
| Item# | Menu Items | Carb | Cal | <u>Pro</u> | <u>Fat</u> | <u>Fib</u> | Sod | Item# | 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 | Milk |
| 89 | Pears | 12 | 80 | 0 | 0 | 0 | 0 | 46 | Cranraisins | 15 | 50 | 0 | 0 | 0 | 0 | Fruit/Veg./Jui |
| 52 | English Muffin Marg/Butter/Jelly WG | 12 | 100 | 0 | 0 | 0 | 0 | 83 | Oatmeal | 29 | 210 | 0 | 0 | 0 | 0 | Grains |
| | 1 a b | 1 | | | | | | | 1 1- | | | | | | | Grains |
| 80 | Lunch Milk | 12 | 100 | 0 | 0 | _ | 0 | 80 | Lunch Milk | 12 | 100 | 0 | 0 | 0 | 0 | Mills |
| 32 | | 22 | 290 | 0 | 0 | 0 | 0 | 199 | | 0 | 0 | 0 | 0 | 0 | 0 | Milk Meat/Meat Al |
| 42 | Fajitas/Cheese Corn (A) Peas (C) | 15 | 80 | 0 | 0 | 0 | 0 | 23 | Turkey Stuffing Casserole Carrots | 10 | 80 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| 39 | Cinnamon Apples | 17 | 120 | 0 | 0 | 0 | 0 | 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| 39 | Cirilamon Apples | 17 | 120 | U | U | U | U | 106 | Roll | 15 | 100 | 0 | 0 | 0 | 0 | Grains |
| 147 | Flour Tortilla | 0 | 0 | 0 | 0 | 0 | 0 | 100 | KOII | 10 | 100 | U | U | U | U | Grains |
| 147 | Snack | U | - | U | U | U | U | | Snack | | | | | | | Grains |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | Milk |
| 00 | IVIIK | 12 | 100 | U | U | U | 0 | 00 | IVIIIK | 12 | 100 | U | U | U | U | Fruit/Veg./Jui |
| 45 | Crackers | 20 | 100 | 0 | 0 | 0 | 0 | 30 | Chex Mix | 12 | 80 | 0 | 0 | 0 | 0 | Grains |
| 28 | Cheese | 4 | 180 | 0 | 0 | 0 | 0 | 30 | CHEX WIX | 12 | 00 | - 0 | - 0 | | U | Meat/Meat Al |
| 20 | Wednesday, Decem | | | U | | U | U | | Thursday, Dece | mher 25 | 2025 | | | <u> </u> | | WCat/WCat A |
| Item# | Menu Items | Carb | | Pro | Fat | Fib | Sod | Item# | Menu Items | 111561 25, | 2023 | | | 1 | | |
| iteiii# | Breakfast | Carb | Cai | <u> </u> | <u>ı at</u> | 110 | <u>300</u> | item# | Breakfast | | | | | | | |
| | Diedkidst | | | | | | | | DiedkidSt | | | | | | | Milk |
| 187 | Holiday No School | 0 | 0 | 0 | 0 | 0 | 0 | 187 | Holiday No School | 0 | 0 | 0 | 0 | 0 | 0 | Fruit/Veg./Jui |
| 107 | rioliday No ecitedi | - | - | - | - | - | | 107 | Tioliday No Collect | | - | | | | U | Grains |
| | | - | | | | | | | | | | | | | | Grains |
| | Lunch | | | | | | | | Lunch | | | | | | | Giailis |
| | Lunch | | | | | | | | Luncii | | | | | | | Milk |
| | | | | | | | | | | | | | | | | Meat/Meat Al |
| 187 | Holiday No School | 0 | 0 | 0 | 0 | 0 | 0 | 187 | Holiday No School | 0 | 0 | 0 | 0 | 0 | 0 | Fruit/Veg. |
| | rionady rio dender | | | | | | | | Tronday 110 Control | | Ŭ | | | | _ | Fruit/Veg. |
| | | | | | | | | | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | Grains |
| | Snack | | | | | | | | Snack | | | | | | | |
| | | | | | | | | | | | | | | | | Milk |
| 187 | Holiday No School | 0 | 0 | 0 | 0 | 0 | 0 | 187 | Holiday No School | 0 | 0 | 0 | 0 | 0 | 0 | Fruit/Veg./Jui |
| | | | | | | | | | , | | | | | | | Grains |
| | | | | | | | | | | | | | | | | Meat/Meat Al |
| | Friday, December | r 26, 20 | 25 | | | | | | | • | | | | | | |
| Item# | Menu Items | | | | | | | | | | | | | | | |
| | Breakfast | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| 88 | Peaches | 12 | 60 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg./Jui |
| 16 | Muffin WG | 30 | 130 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | Grains |
| | Lunch | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| 138 | Chicken Patty | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | Meat/Meat Al |
| 186 | Tater tots | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg. |
| 81 | Mixed Fruit | 15 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Fruit/Veg. |
| 122 | Bun wg (c) | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| | | | | | | | | | | | | | | | | Grains |
| | Snack | | | | | | | | | | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | | | | | | | | Milk |
| | | | | | | | | | | | | | | | | Fruit/Veg./Jui |
| | | | 400 | 0 | 0 | 0 | 0 | | | | | | | | | Grains |
| 102 | Pretzels (Soft) WG | 30 | 100 | U | U | U | U | | | | | | | | | Giailis |

REDWOOD

December Menu 2025

| | | | | | | | WEE | K 5 | | | | | | | |
|-------|-------------------------------|----------|-----------|------------|------------|------------|-----|-------|--|-----------|------------|------------|------------|------------|-----|
| | Monday, Decemb | _ | | | | | | | Tuesday, Decen | | | | | | |
| ltem# | Menu Items | Carb | Cal | <u>Pro</u> | <u>Fat</u> | <u>Fib</u> | Sod | Item# | Menu Items | Carb | <u>Cal</u> | <u>Pro</u> | <u>Fat</u> | <u>Fib</u> | Sod |
| 00 | Breakfast | 10 | 100 | | _ | _ | 0 | 80 | Breakfast | 10 | 100 | _ | 0 | 0 | 0 |
| 10 | Milk Banana | 12 15 | 100 40 | 0 | 0 | 0 | 0 | 4 | Milk Apple Juice | 12 12 | 100 60 | 0 | 0 | 0 | 0 |
| 166 | BagelWG | 0 | 0 | 0 | 0 | 0 | 0 | 21 | Cereal WG | 15 | 100 | 0 | 0 | 0 | 0 |
| 100 | Bageiii | | | | | | Ü | | Corour WC | 10 | 100 | | | | |
| | 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 | | | | | | |
| | Silack | | | | | | | 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 |
| 77 | Mandarin Oranges | 12 | 60 | 0 | 0 | 0 | 0 | - 00 | Will Company of the C | 12 | 100 | | | | |
| | | | | | | _ | | 57 | Goldfish Crackers WG | 20 | 100 | 0 | 0 | 0 | 0 |
| 130 | Cheese String | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |
| | Wednesday, Decem | ber 31, | 2025 | | | | | | Thursday, Jan | uary 1, 2 | 026 | | | | |
| tem# | Menu Items | Carb | Cal | Pro | <u>Fat</u> | Fib | Sod | Item# | Menu Items | | | | | | |
| | Breakfast | | 100 | | | | | | Breakfast | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | 0 11 111 111 11 | | | | | | |
| 93 | Pineapple | 15 | 60 | 0 | 0 | 0 | 0 | В | See Next Month's Menu | 0 | 0 | 0 | 0 | 0 | 0 |
| 16 | Muffin WG | 30 | 130 | 0 | 0 | U | U | | | | | | | | |
| | Lunch | | | | | | | | Lunch | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | | Lunch | | | | | | |
| 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 | В | See Next Month's Menu | 0 | 0 | 0 | 0 | 0 | 0 |
| 121 | Bread WG | 12 | 80 | 0 | 0 | 0 | 0 | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | Snack | 10 | 100 | | | | | | Snack | | | | | | |
| 80 | Milk | 12 | 100 | 0 | 0 | 0 | 0 | В | See Next Month's Menu | 0 | 0 | 0 | 0 | 0 | 0 |
| 102 | Pretzels (Soft) WG | 30 | 100 | 0 | 0 | 0 | 0 | В | See Next Month's Menu | 10 | U | U | U | U | U |
| 102 | Treaters (Golf) WG | 30 | 100 | U | 0 | U | U | | | | | | | | |
| | Friday, January | 2, 202 | 6 | | | | | | L | • | | | | | |
| tem# | Menu Items | | | | | | | | | | | | | | |
| | Breakfast | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| 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 | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | Snack | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | See Next Month's Menu | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | |
| В | | | | | | | | | | | | | | | |
| В | | | | | | | | | | | | | | | |