

## REDWOOD

## January 2026 Menu

## WEEK 1

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
	<b>Breakfast</b>								<b>Breakfast</b>						
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
	<b>Lunch</b>								<b>Lunch</b>						
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
	<b>Snack</b>								<b>Snack</b>						
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, December 31, 2025

Thursday, January 1, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
	<b>Breakfast</b>								<b>Breakfast</b>						
A	See Last Month's Menu	0	0	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
	<b>Lunch</b>								<b>Lunch</b>						
A	See Last Month's Menu	0	0	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0
	<b>Snack</b>								<b>Snack</b>						
A	See Last Month's Menu	0	0	0	0	0	0	144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0

Friday, January 2, 2026

Item#	Menu Items														
	<b>Breakfast</b>														
80	Milk	12	100	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
123	Yogurt	12	80	0	0	0	0								
	<b>Lunch</b>														
80	Milk	12	100	0	0	0	0								
181	Chicken Caesar Salad(A) Chicken Nugg	0	0	0	0	0	0								
133	Caesar Salad (A) mixed veg (C )	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
56	Garlic Bread	12	100	0	0	0	0								
	<b>Snack</b>														
80	Milk	12	100	0	0	0	0								
16	Muffin WG	30	130	0	0	0	0								

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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  
Grains

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

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

## REDWOOD

## January 2026 Menu

## WEEK 2

## Monday, January 5, 2026

## Tuesday, January 6, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>															
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
<b>Lunch</b>															
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	38	Chili w/Beans	32	210	0	0	0	0
101	Potato Wedges	25	100	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
193	Croissant (A) BunWG (C)	0	0	0	0	0	0	45	Crackers	20	100	0	0	0	0
<b>Snack</b>															
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 7, 2026

## Thursday, January 8, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>															
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	93	Pineapple	15	60	0	0	0	0
141	Pancakes	35	210	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0	80	53	12	100	0	0	0	0
195	Turkey Wrap	0	0	0	0	0	0	109	Steak Hoagie	15	140	0	0	0	0
48	Cream of Potato Soup	30	150	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
45	Crackers	20	100	0	0	0	0	122	Bun WG	12	100	0	0	0	0
<b>Snack</b>															
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
198	Animal Cracker WG	0	0	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0

## Friday, January 9, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							
80	Milk	12	100	0	0	0	0
10	Banana	15	40	0	0	0	0
123	Yogurt	12	80	0	0	0	0
<b>Lunch</b>							
80	Milk	12	100	0	0	0	0
124	Tuna Salad	0	0	0	0	0	0
171	Broccoli Soup	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0
121	Bread WG	12	80	0	0	0	0
<b>Snack</b>							
45	Crackers	20	100	0	0	0	0
28	Cheese	4	180	0	0	0	0

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Milk  
Fruit/Veg./Juice  
Grains  
Grains

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

Milk  
Fruit/Veg./Juice  
Grains  
Grains

Milk  
Fruit/Veg./Juice  
Grains  
Grains

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

## REDWOOD

## January 2026 Menu

## WEEK 3

Monday, January 12, 2026

Tuesday, January 13, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>															
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
<b>Lunch</b>															
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
<b>Snack</b>															
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 14, 2026

Thursday, January 15, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>															
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	49	Cream of Wheat	24	110	0	0	0	0
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
129	Open-faced Turkey	0	0	0	0	0	0	132	Spaghetti/Meatball/sauce/Cheese	0	0	0	0	0	0
79	Mashed Potato	34	160	0	0	0	0	61	Green Beans	10	80	0	0	0	0
23	Carrots							88	Peaches	12	60	0	0	0	0
121	Bread WG	12	80	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0
<b>Snack</b>															
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 16, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>															
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								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
191	Chef Salad (A) Turkey Sandwich( C)	0	0	0	0	0	0								
72	Lettuce (A) Carrots(C )	5	45	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
106	Roll	15	100	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
29	Cheese-Its WG	17	100	0	0	0	0								

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Milk  
Fruit/Veg./Juice  
Grains  
Grains

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

Milk  
Fruit/Veg./Juice  
Grains  
Grains

Milk  
Fruit/Veg./Juice  
Grains  
Grains

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

## REDWOOD

## January 2026 Menu

## WEEK 4

## Monday, January 19, 2026

## Tuesday, January 20, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>															
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								89	Pears	12	80	0	0	0	0
								52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0
<b>Lunch</b>															
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								177	General Tso Chicken (A ) Chicken Nug	0	0	0	0	0	0
								178	Stir fry Vegetable (A) Peas(C )	0	0	0	0	0	0
								77	Mandarin Oranges	12	60	0	0	0	0
								179	Rice	0	0	0	0	0	0
<b>Snack</b>															
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								102	Pretzels (Soft) WG	30	100	0	0	0	0
<b>Wednesday, January 21, 2026</b>															
<b>Thursday, January 22, 2026</b>															

## Wednesday, January 21, 2026

## Thursday, January 22, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>															
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
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
35	Chicken Rice Casserole	25	235	0	0	0	0	212	Salsbury Steak	0	0	0	0	0	0
18	Broccoli	10	80	0	0	0	0	61	Green Beans	10	80	0	0	0	0
89	Pears	12	80	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0
179	Rice	0	0	0	0	0	0	106	Roll	15	100	0	0	0	0
<b>Snack</b>															
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
								5	Apple Slices	8	30	0	0	0	0
123	Yogurt	12	80	0	0	0	0								
<b>Friday, January 23, 2026</b>															

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Milk  
Fruit/Veg./Juice  
Grains  
Grains

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

Milk  
Fruit/Veg./Juice  
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

## REDWOOD

## January 2026 Menu

## WEEK 5

## Monday, January 26, 2026

## Tuesday, January 27, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>															
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
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
116	Turkey Sausage	15	60	0	0	0	0	98	Hawaiian Pork	15	100	0	0	0	0
66	Hashbrown	22	150	0	0	0	0	213	Asian Slaw (A) Peas (C)	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0
209	Pancakes WG	0	0	0	0	0	0	122	Bun WG	12	100	0	0	0	0
<b>Snack</b>															
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
								206	Vanilla Wafer	0	0	0	0	0	0
130	Cheese String	0	0	0	0	0	0								

## Wednesday, January 28, 2026

## Thursday, January 29, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>															
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
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
33	Chicken Patty WG	25	240	0	0	0	0	126	Grilled Cheese	0	0	0	0	0	0
186	Tater tots	0	0	0	0	0	0	125	Tomato Soup	0	0	0	0	0	0
93	Pineapple	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0
12	Wheat Bun WG	0	0	0	0	0	0	121	Bread WG	12	80	0	0	0	0
<b>Snack</b>															
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 30, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							
80	Milk	12	100	0	0	0	0
84	Juice	15	60	0	0	0	0
166	Bagel WG	0	0	0	0	0	0
<b>Lunch</b>							
80	Milk	12	100	0	0	0	0
201	Grilled Chicken Salad (a) Chicken Nug	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
47	Cream of Chicken & Wild Rice Soup (A)	30	150	0	0	0	0
<b>Snack</b>							
80	Milk	12	100	0	0	0	0
10	Banana	15	40	0	0	0	0

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Milk  
Fruit/Veg./Juice  
Grains  
Grains

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

Milk  
Fruit/Veg./Juice  
Grains  
Grains

Milk  
Fruit/Veg./Juice  
Grains  
Grains

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