REDWOOD November Menu 2026

WEEK 1

Monday, November 2, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg./Juice
123	Yogurt	12	80	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
161	Cheese Bread Stick	0	0	0	0	0	0	Meat/Meat Alternate
112	Toss Salad (A) Green Beans (C)	5	25	0	0	0	0	Fruit/Veg.
88	Peaches	12	60	0	0	0	0	Fruit/Veg.
								Grains
121	Bread WG	12	80	0	0	0	0	Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
29	Cheese-Its WG	17	100	0	0	0	0	Grains
								Meat/Meat Alternate

Tuesday, November 3, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
46	Cranraisins	15	50	0	0	0	0	Fruit/Veg./Juice
83	Oatmeal	29	210	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
63	Grilled Chicken	17	60	0	0	0	0	Meat/Meat Alternate
18	Broccoli	10	80	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
								Grains
12	Bun wg	0	0	0	0	0	0	Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

Wednesday, November 4, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
4	Apple Juice	12	60	0	0	0	0	Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
182	Cheese Coney (A) Hamburger w/Chees	0	0	0	0	0	0	Meat/Meat Alternate
55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.
89	Pears	12	80	0	0	0	0	Fruit/Veg.
								Grains
12	Bun wg	0	0	0	0	0	0	Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
136	Graham Crackers WG	0	0	0	0	0	0	Grains
								Meat/Meat Alternate

Thursday, November 5, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg./Juice
14	Biscuits	12	130	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
53	Fish	17	150	0	0	0	0	Meat/Meat Alternate
41	Cole Slaw (A) smiley faces(C)	12	110	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
76	Mac & Cheese	17	115	0	0	0	0	Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
57	Goldfish Crackers WG	20	100	0	0	0	0	Grains
								Meat/Meat Alternate

Friday, November 6, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg./Juice
146	Waffles WG	0	0	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
149	Taco Salad Chips/Salsa Tacos (C)	0	0	0	0	0	0	Meat/Meat Alternate
42	Corn (A) carrots (C)	15	80	0	0	0	0	Fruit/Veg.
88	Peaches	12	60	0	0	0	0	Fruit/Veg.
								Grains
142	flour tortilla (c) Tortilla Chips (A)	0	0	0	0	0	0	Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
10	Banana	15	40	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

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REDWOOD November Menu 2026

WEEK 2

Monday, November 9, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg./Juice
141	Pancakes	35	210	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
140	Cheeseburger	0	0	0	0	0	0	Meat/Meat Alternate
55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.
89	Pears	12	80	0	0	0	0	Fruit/Veg.
								Grains
122	Bun	12	100	0	0	0	0	Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

Tuesday, November 10, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
4	Apple Juice	12	60	0	0	0	0	Fruit/Veg./Juice
16	Muffin WG	30	130	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
195	Trio Salad (A) Ham Sandwich (C)	0	0	0	0	0	0	Meat/Meat Alternate
101	Potato Wedges	25	100	0	0	0	0	Fruit/Veg.
93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
								Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0	Grains
								Meat/Meat Alternate

Wednesday, November 11, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
46	Cranraisins	15	50	0	0	0	0	Fruit/Veg./Juice
49	Cream of Wheat	24	110	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
204	Corn Dog (A) Chicken Nuggets (c)	0	0	0	0	0	0	Meat/Meat Alternate
55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.
88	Peaches	12	60	0	0	0	0	Fruit/Veg.
								Grains
106	Roll	15	100	0	0	0	0	Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
								Grains
123	Yogurt	12	80	0	0	0	0	Meat/Meat Alternate

Thursday, November 12, 2026

Item#	Menu Items							
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
89	Pears	12	80	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
185	Thnksgiving Dinner Turkey	0	0	0	0	0	0	Meat/Meat Alternate
79	Mashed Potato	34	160	0	0	0	0	Fruit/Veg.
61	Green Beans	10	80	0	0	0	0	Fruit/Veg.
106	Roll	15	100	0	0	0	0	Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
57	Goldfish Crackers WG	20	100	0	0	0	0	Grains
								Meat/Meat Alternate

Friday, November 13, 2026

Item#	Menu Items							
	Breakfast							
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							
80	Milk	12	100	0	0	0	0	Milk
96	Pizza	35	225	0	0	0	0	Meat/Meat Alternate
42	Corn (A) carrots (C)	15	80	0	0	0	0	Fruit/Veg.
5	Apple Slices	8	30	0	0	0	0	Fruit/Veg.
								Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

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REDWOOD November Menu 2026

WEEK 3

Monday, November 16, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
88	Peaches	12	60	0	0	0	0	Fruit/Veg./Juice
16	Muffin WG	30	130	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
36	Chicken Salad	25	100	0	0	0	0	Meat/Meat Alternate
101	Potato Wedges	25	100	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
206	Pretzel Bun	0	0	0	0	0	0	Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
29	Cheese-Its WG	17	100	0	0	0	0	Grains
								Meat/Meat Alternate

Tuesday, November 17, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
6	Applesauce	15	60	0	0	0	0	Fruit/Veg./Juice
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
139	Sloppy Joe	0	0	0	0	0	0	Meat/Meat Alternate
18	Broccoli	10	80	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
106	Roll	15	100	0	0	0	0	Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
								Meat/Meat Alternate

Wednesday, November 18, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg./Juice
14	Biscuits	12	130	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
51	Eggs Scrambled w/Cheese and susage	25	100	0	0	0	0	Meat/Meat Alternate
66	Hashbrown	22	150	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
								Grains
14	Biscuits	12	130	0	0	0	0	Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
136	Graham Crackers WG	0	0	0	0	0	0	Grains
								Meat/Meat Alternate

Thursday, November 19, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
89	Pears	12	80	0	0	0	0	Fruit/Veg./Juice
146	Waffles WG	0	0	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
199	Turkey casserole	0	0	0	0	0	0	Meat/Meat Alternate
79	Mashed Potato	34	160	0	0	0	0	Fruit/Veg.
23	Carrots	10	80	0	0	0	0	Fruit/Veg.
								Grains
								Grains
	Snack							
								Milk
59	Grape Juice	16	20	0	0	0	0	Fruit/Veg./Juice
								Grains
123	Yogurt	12	80	0	0	0	0	Meat/Meat Alternate

Friday, November 20, 2026

Item#	Menu Items							
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
93	Pineapple	15	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
181	Chicken Caesar Salad(A) chiken sandw	0	0	0	0	0	0	Meat/Meat Alternate
172	Salad /Dressing (A) Green beans(C)	0	0	0	0	0	0	Fruit/Veg.
10	Banana	15	40	0	0	0	0	Fruit/Veg.
56	Garlic Bread	12	100	0	0	0	0	Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0	Grains
								Meat/Meat Alternate

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REDWOOD November Menu 2026

WEEK 4

Monday, November 23, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
89	Pears	12	80	0	0	0	0	Fruit/Veg./Juice
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
96	Pizza	35	225	0	0	0	0	Meat/Meat Alternate
112	Toss Salad (A) Green Beans (C)	5	25	0	0	0	0	Fruit/Veg.
93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
								Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
45	Crackers	20	100	0	0	0	0	Grains
28	Cheese	4	180	0	0	0	0	Meat/Meat Alternate

Tuesday, November 24, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
84	Juice	15	60	0	0	0	0	Fruit/Veg./Juice
16	Muffin WG	30	130	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 Alternate
41	Cole Slaw (A) smiley faces(C)	12	110	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg.
12		0	0	0	0	0	0	Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
105	Cereal	0	0	0	0	0	0	Grains
								Meat/Meat Alternate

Wednesday, November 25, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
88	Peaches	12	60	0	0	0	0	Fruit/Veg./Juice
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 Alternate
186	Tater tots	0	0	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
122	Bun	12	100	0	0	0	0	Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

Thursday, November 26, 2026

Item#	Menu Items							
	Breakfast							
								Milk
187	Holiday No School	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Grains
	Lunch							
								Milk
								Meat/Meat Alternate
187	Holiday No School	0	0	0	0	0	0	Fruit/Veg.
								Fruit/Veg.
								Grains
								Grains
	Snack							
								Milk
187	Holiday No School	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

Friday, November 27, 2026

Item#	Menu Items							
	Breakfast							
								Milk
187	Holiday No School	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Grains
	Lunch							
								Milk
								Meat/Meat Alternate
								Fruit/Veg.
187	Holiday No School	0	0	0	0	0	0	Fruit/Veg.
								Grains
								Grains
	Snack							
								Milk
								Fruit/Veg./Juice
187	Holiday No School	0	0	0	0	0	0	Grains
								Meat/Meat Alternate

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REDWOOD November Menu 2026

WEEK 5

Monday, November 30, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
80	Milk	12	100	0	0	0	0	Milk
93	Pineapple	15	60	0	0	0	0	Fruit/Veg./Juice
166	BagelWG	0	0	0	0	0	0	Grains
								Grains
	Lunch							
80	Milk	12	100	0	0	0	0	Milk
140	Cheeseburger	0	0	0	0	0	0	Meat/Meat Alternate
168	Baked Beans (A) Grenn Beans ©	0	0	0	0	0	0	Fruit/Veg.
40	Cole Slaw (A) Peaches (C)	12	110	0	0	0	0	Fruit/Veg.
122	Bun	12	100	0	0	0	0	Grains
								Grains
	Snack							
80	Milk	12	100	0	0	0	0	Milk
								Fruit/Veg./Juice
								Grains
130	Cheese String	0	0	0	0	0	0	Meat/Meat Alternate

Tuesday, December 1, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
								Milk
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Grains
	Lunch							
								Milk
								Meat/Meat Alternate
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg.
								Fruit/Veg.
								Grains
								Grains
	Snack							
								Milk
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

Wednesday, December 2, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
								Milk
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Grains
	Lunch							
								Milk
								Meat/Meat Alternate
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg.
								Fruit/Veg.
								Grains
								Grains
	Snack							
								Milk
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

Thursday, December 3, 2026

Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
	Breakfast							
								Milk
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Grains
	Lunch							
								Milk
								Meat/Meat Alternate
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg.
								Fruit/Veg.
								Grains
								Grains
	Snack							
								Milk
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

Friday, December 4, 2026

Item#	Menu Items							
	Breakfast							
								Milk
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Grains
	Lunch							
								Milk
B	See Next Month's Menu	0	0	0	0	0	0	Meat/Meat Alternate
								Fruit/Veg.
								Fruit/Veg.
								Grains
								Grains
	Snack							
								Milk
B	See Next Month's Menu	0	0	0	0	0	0	Fruit/Veg./Juice
								Grains
								Meat/Meat Alternate

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