

REDWOOD

January Menu 2021

WEEK 1															
Monday, December 28, 2020								Tuesday, December 29, 2020							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
Lunch								Lunch							
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
Snack								Snack							
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 30, 2020								Thursday, December 31, 2020							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
A	See Last Month's Menu	0	0	0	0	0	0	170	Holiday No School	0	0	0	0	0	0
Lunch								Lunch							
A	See Last Month's Menu	0	0	0	0	0	0	170	Holiday No School	0	0	0	0	0	0
Snack								Snack							
A	See Last Month's Menu	0	0	0	0	0	0	170	Holiday No School	0	0	0	0	0	0
Friday, January 1, 2021															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
170	Holiday No School	0	0	0	0	0	0								
Lunch															
170	Holiday No School	0	0	0	0	0	0								
Snack															
170	Holiday No School	0	0	0	0	0	0								

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WEEK 2															
Monday, January 4, 2021								Tuesday, January 5, 2021							
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
6	Applesauce	15	60	0	0	0	0	4	Apple Juice	12	60	0	0	0	0
120	Wheat Bagel	0	0	0	0	0	0	17	Muffin 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
178	Cheese Bread Sicks	0	0	0	0	0	0	35	Chicken Rice Casserole	25	235	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0
133	Caesar Salad (A) peas & carrots (C)	0	0	0	0	0	0	18	Broccoli	10	80	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	106	Roll	15	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	130	Cheese String	0	0	0	0	0	0
Wednesday, January 6, 2021								Thursday, January 7, 2021							
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
81	Mixed Fruit	15	100	0	0	0	0	6	Applesauce	15	60	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
2	3 Way Spaghetti	0	0	0	0	0	0	138	Chicken Patty	0	0	0	0	0	0
113	Toss Salad (A) Green Beans(c)	5	25	0	0	0	0	167	Tater Tots	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
45	Crackers WG	20	100	0	0	0	0	122	Bun	12	100	0	0	0	0
Snack								Snack							
59	Grape Juice	16	20	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	10	Banana	15	40	0	0	0	0
Friday, January 8, 2021															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								
83	Oatmeal	29	210	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
115	Turkey Cheese/Wheat	12	230	0	0	0	0								
118	Vegetable Soup	22	180	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
121	Wheat Bread	12	80	0	0	0	0								
45	Crackers WG	20	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
29	Cheese-Its WG	17	100	0	0	0	0								

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WEEK 3																
Monday, January 11, 2021								Tuesday, January 12, 2021								
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	46	Cranraisins	15	50	0	0	0	0	
21	Cereal WG	15	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	
168	Scrambled Eggs and Sausage	0	0	0	0	0	0	68	Hamburger w/cheese	30	120	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	12	Baked Beans (A) Green Beans (C)	0	0	0	0	0	0	
66	Hashbrown	22	150	0	0	0	0	169	Saratoga Chips (A)	0	0	0	0	0	0	
107	Biscuit	20	210	0	0	0	0	122	Bun	12	100	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0									
57	Goldfish Crackers WG	20	100	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	
								102	Pretzels	30	100	0	0	0	0	
Wednesday, January 13, 2021								Thursday, January 14, 2021								
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	
160	Cinnamon Roll	0	0	0	0	0	0	119	Waffles Wg	15	80	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
11	BBQ	0	0	0	0	0	0	53	Fish	17	150	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	75	Lima Beans	15	100	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	
122	Bun	12	100	0	0	0	0									
41	Cole Slaw (A)	12	110	0	0	0	0	76	Mac & Cheese	17	115	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
136	Graham Crackers	0	0	0	0	0	0	10	Banana	15	40	0	0	0	0	
Friday, January 15, 2021																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
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									
Lunch																
80	Milk	12	100	0	0	0	0									
36	Chicken Salad	25	100	0	0	0	0									
101	Potato Wedges	25	100	0	0	0	0									
81	Mixed Fruit	15	100	0	0	0	0									
72	Lett/Tom/(A)	5	45	0	0	0	0									
151	Crossiant WG	0	0	0	0	0	0									
Snack																
59	Grape Juice	16	20	0	0	0	0									
123	Yogurt	12	80	0	0	0	0									

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WEEK 4															
Monday, January 18, 2021								Tuesday, January 19, 2021							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
170	Holiday No School	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								88	Peaches	12	60	0	0	0	0
								49	Cream of Wheat	24	110	0	0	0	0
Lunch								Lunch							
								80	Milk	12	100	0	0	0	0
								174	Turkey Wrap / Turkey Sandwich (C)	0	0	0	0	0	0
								156	smiley faces (C)	0	0	0	0	0	0
170	Holiday No School	0	0	0	0	0	0	93	Pineapple	15	60	0	0	0	0
								162	Flour Tortilla	0	0	0	0	0	0
								175	Beef Noodle Soup	0	0	0	0	0	0
Snack								Snack							
								80	Milk	12	100	0	0	0	0
170	Holiday No School	0	0	0	0	0	0	136	Graham Crackers	0	0	0	0	0	0
Wednesday, January 20, 2021								Thursday, January 21, 2021							
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	88	Peaches	12	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	83	Oatmeal	29	210	0	0	0	0
Lunch								Lunch							
176	Taco Salad (A) / Tacos(C)	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
42	Corn (A) Peas (C)	15	80	0	0	0	0	38	Chili w/Beans& Cheese	32	210	0	0	0	0
39	Cinnamon Apples	17	120	0	0	0	0	113	Toss Salad (A) Green Beans(c)	5	25	0	0	0	0
162	Flour Tortilla	0	0	0	0	0	0	163	banana & oranges	0	0	0	0	0	0
146	Chips/Queso (A)	0	0	0	0	0	0								
162	Flour Tortilla	0	0	0	0	0	0	45	Crackers WG	20	100	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0								
57	Goldfish Crackers WG	20	100	0	0	0	0	4	Apple Juice	12	60	0	0	0	0
								123	Yogurt	12	80	0	0	0	0
Friday, January 22, 2021															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
166	Juice	0	0	0	0	0	0								
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
171	General Tso Chicken (A) Chicken nugget	0	0	0	0	0	0								
172	Fried Rice	0	0	0	0	0	0								
173	Stir Fry Vegetables	0	0	0	0	0	0								
106	Roll	15	100	0	0	0	0								
Snack															
147	Water	0	0	0	0	0	0								
45	Crackers WG	20	100	0	0	0	0								
28	Cheese/Crackers	15	180	0	0	0	0								

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WEEK 5																
Monday, January 25, 2021								Tuesday, January 26, 2021								
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	46	Cranraisins	15	50	0	0	0	0	
25	Cheerios	29	210	0	0	0	0	49	Cream of Wheat	24	110	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
96	Pizza	35	225	0	0	0	0	103	Pulled Beef Sandwich	30	100	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0	
113	Toss Salad (A) Green Beans(c)	5	25	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	
121	Wheat Bread	12	80	0	0	0	0	122	Bun	12	100	0	0	0	0	
91	Peas and Carrots (C)	15	100	0	0	0	0	Snack								
Snack								Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
102	Pretzels	30	100	0	0	0	0	5	Apple Slices	8	30	0	0	0	0	
Wednesday, January 27, 2021								Thursday, January 28, 2021								
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	
81	Mixed Fruit	15	100	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	
160	Cinnamon Roll	0	0	0	0	0	0	119	Waffles Wg	15	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	126	Grilled Cheese	0	0	0	0	0	0	
153	Smashed Potato (a)/ Mahsed Potatoes	0	0	0	0	0	0	125	Tomato Soup	0	0	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	
106	Roll	15	100	0	0	0	0	Snack								
Snack								Snack								
80	Milk	12	100	0	0	0	0	45	Crackers WG	20	100	0	0	0	0	
117	Vanilla Wafers	17	120	0	0	0	0	80	Milk	12	100	0	0	0	0	
Friday, January 29, 2021								Friday, January 29, 2021								
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									
10	Banana	15	40	0	0	0	0									
17	Muffin WG	15	100	0	0	0	0									
Lunch								Lunch								
177	Cracked Chicken Spaghetti	0	0	0	0	0	0									
18	Broccoli	10	80	0	0	0	0									
88	Peaches	12	60	0	0	0	0									
56	Garlic Bread	12	100	0	0	0	0									
Snack								Snack								
80	Milk	12	100	0	0	0	0									
45	Crackers WG	20	100	0	0	0	0									
28	Cheese/Crackers	15	180	0	0	0	0									

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