

Redwood July Menu 2010

Date										Thursday, July 01, 2010			Friday, July 02, 2010		
	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>
Bfst										Cream of Wheat	25	110	Cake Donut	15	80
										Mandarin Oranges	15	60	OJ/AJ	15	60
										Milk		100	Milk		100
L										Baked Potato Bar	15		Tomato Soup	15	90
										Ham. Ch. Sauce	5		Grilled Cheese on	30	340
										Broccoli. S. Cream	10		Wheat/White	5	25
										Cole Slaw	20		Green Beans		
										Garlic Bread	15		Cr. Pineapple	20	60
										Peaches	15		Saltines	10	
										Milk			Milk		
S										Graham Crax	15		Banana 1/2	15	
										Milk			Milk		

Date	Monday, July 05, 2010			Tuesday, July 06, 2010			Wednesday, July 07, 2010			Thursday, July 08, 2010			Friday, July 09, 2010		
	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>
Bfst				Biscuit/C. Gravy	25		Toast/Marg. (WWA)	15		Cream of Wheat	25	110	English Muffin, Marg.	30	
				Peaches	15	60	OJ/AJ	15	60	Mandarin Oranges	15	60	Pears	15	60
				Milk		100	Milk		100	Milk		100	Milk		100
L	<i>July 4th Holiday</i>			Pizza	30	300	Fish Nuggets	5	80	Vegetable Soup	15		Lasagna	35	
				Carrots	15	25	Macaroni/Cheese	15		Deli Ham /Bun (Aww)	30		Broccoli	15	
				Pears	15	60	Green Beans	20	25	Saltines	15		Garlic Bread	15	
				Toss Salad	4		Apple Sauce	15	60	Cole Slaw	20		Toss Salad	4	
				Asst. Desserts (A)	25		Asst.Breads (A)	15	80	Cr. Pineapple	15	60	Peaches	15	
				Milk			Tartar Sauce			Mayo/Mustard		20	Milk		
							Milk			Milk					
S				Rice Krispie Treat	15		Banana 1/2	15		Vanilla Wafers	15		Banana 1/2	15	
				Milk			Milk			Milk			Milk		

Date	Monday, July 12, 2010			Tuesday, July 13, 2010			Wednesday, July 14, 2010			Thursday, July 15, 2010			Friday, July 16, 2010		
	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>	<u>Menu Items</u>	<u>Carb</u>	<u>Cal</u>
Bfst	Tasty'0s	25		Wheat Bagel/Marg.	15	170	Oatmeal	15	170	P.Cake Sq./Syrup	25	250	Cinn.Toast (AWW)	15	195
	OJ/AJ	15		Mandarin Oranges	15	60	Raisins	15	60	OJ/AJ	20	60	M.Oranges	15	60
	Milk			Milk			Milk			Milk			Milk		
L	Tuna Noodle Cass.	35	205	BBQ Pork	12		Pizza	30	210	Vegetarian Chili	3		Salisbury Steak w/		
	Lima Beans	17	35	Bun	30		Broccoli	5	25	w/ Beans/Cheese	20		Mushroom Gravy (A)	15	
	Peaches	15	60	French Fries	20		Pineapple Gelatin	20	90	Cole Slaw	15		Whipped Potatoes	20	
	Toss Salad	4	20	Cole Slaw	20		Toss Salad	4	20	Peaches	15		Gravy	10	
	Asst Breads (A)	15	80	Pears	20		Asst. Desserts (A)	30	90	Saltines	10		Green Beans	5	
	Milk			Catsup			Milk			Milk			Cinnamon A.sauce	15	
													Milk		
S	Lorna Doones	15		Cheez Its	15		Banana 1/2	15		Pop Tart	15		Banana 1/2	15	
	Milk			Apple Juice	15		Milk			Milk			Milk		

Date	Monday, July 19, 2010			Tuesday, July 20, 2010			Wednesday, July 21, 2010			Thursday, July 22, 2010			Friday, July 23, 2010		
	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal
Bfst	C.Flakes/Bran A	15		Cake Donut	15		R.Krunch/Bran Fl (A)	15		Cream of Wheat	15	110	Cinn. Toast (w/w A)	15	
	Diced Pears	15		OJ/AJ	15	60	Apple Sauce	15	60	Mandarin Oranges	15	60	Peaches	12	
	Milk			Milk		100	Milk		100	Milk		100	Milk		
L	Cheeseburger		190	Pizza	30	210	Tomato Soup	15	90	Chicken Pot Pie	45		Soft Shell Taco	15	
	Bun	30		Broccoli	5	25	Grilled cheese	30	340	Lima Beans	17		Cheese, Salsa	0/2	
	Lett./Tom/Pickle	2	50	Crushed Pineapple	15	60	on Wheat/White			Pears	15	60	Lett/Tom/S.Cream	2	
	French Fries	15		Toss Salad	4	20	Green Beans	5	25	Toss Salad	4		Totilla Chips	15	
	Fruit Cup	15	60	Asst. Desserts (A)	30	90	Saltines	10	60	Milk			Carrots	15	
	Mayo/Must/Cats.		20	Milk			Peaches	15		WW Bread (A)			Pineapple Gelatin	20	
	Milk						Milk						Milk		
S	Pineapple Juice	15		Cinn. Poptart	15		Banana 1/2	15	80	Soft Pretzel/Cheese	25		Banana 1/2	15	
	Granola Mix	15		Milk			Milk			Milk			Milk		
Date	Monday, July 26, 2010			Tuesday, July 27, 2010			Wednesday, July 28, 2010			Thursday, July 29, 2010			Friday, July 30, 2010		
	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal	Menu Items	Carb	Cal
Bfst	FrToast Stix/Syrup	25	80	Wheat Bagel/Marg.	15	170	English Muffin, Marg.	30		Cream of Wheat	25	110	Tasty O's	15	175
	OJ/AJ	15	60	Mandarin Oranges	15	60	Pears	15		Mandarin Oranges	15	60	Apple Sauce	15	60
	Milk		100	Milk			Milk			Milk		100	Milk		100
L	Sloppy Joe	2		Pizza	30	210	Enchilida Cass.	35	245	Baked Potato Bar	15		Spaghetti Meat Sauce	30	
	on Bun	30		Broccoli	5	25	Mexicali Corn	17	80	Ham, Ch. Sauce	5		Green Beans	15	25
	French Fries	15		Crushed Pineapple	15	60	Cinn. Apples	15	60	Broccoli, S. Cream	10		Pears	15	60
	Cole Slaw	20		Toss Salad	4	20	Chips & Salsa	15	105	Cole Slaw	20		Toss Salad	4	
	Peaches	15		Asst. Desserts (A)	30	90				Asst Bread (A)	15		French Bread (A)	15	
	Milk			Milk			Milk			Peaches	15		Milk		
	Catsup						Child: Carrots	15	25	Milk					
S	Granola Mix	15		Goldfish Crax	15		Banana 1/2	15	80	Graham Crax	15		Banana 1/2	15	
	Milk			Fruit Juice	15		Milk			Milk			Milk		