

REDWOOD

August 2025 Menu

WEEK 1															
Monday, July 28, 2025								Tuesday, July 29, 2025							
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, July 30, 2025								Thursday, July 31, 2025							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
	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
Friday, August 1, 2025															
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	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								
149	Taco Salad (A) Tacos (C)	0	0	0	0	0	0								
42	Corn (A) Peas (C)	15	80	0	0	0	0								
5	Apple Slices	8	30	0	0	0	0								
167	Chips Queso (A) Tortilla (C)	0	0	0	0	0	0								
	Snack														
28	Cheese	4	180	0	0	0	0								
45	Crackers	20	100	0	0	0	0								

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WEEK 2															
Monday, August 4, 2025								Tuesday, August 5, 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
89	Pears	12	80	0	0	0	0	4	Juice	12	60	0	0	0	0
120	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
138	Chicken Patty	0	0	0	0	0	0	109	Steak Hoagie	15	140	0	0	0	0
18	Broccoli	10	80	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
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
102	Pretzels WG	30	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, August 6, 2025								Thursday, August 7, 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
81	Mixed Fruit	15	100	0	0	0	0	10	Banana	15	40	0	0	0	0
14	Biscuits	12	130	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
63	Grilled Chicken Sandwich	17	60	0	0	0	0	103	Pulled Beef Sandwich	30	100	0	0	0	0
108	Spinach Salad (A) Green beans (C)	25	125	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
122	WG Bun	12	100	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	59	Juice	16	20	0	0	0	0
117	Vanilla Wafers	17	120	0	0	0	0	130	Cheese String	0	0	0	0	0	0
Friday, August 8, 2025															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
120	Bagel	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
174	Trio Salad(A) Chicken nuggets (C)	0	0	0	0	0	0								
176	Watermelon	0	0	0	0	0	0								
151	Sweet Potato Tots(C)	0	0	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								

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WEEK 3															
Monday, August 11, 2025								Tuesday, August 12, 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
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
21	Cereal WG	15	100	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
180	Quiche'	0	0	0	0	0	0	171	Hot Dog,(A) Hamburger(C)	0	0	0	0	0	0
131	Spring Salad (A)Peas (C)	0	0	0	0	0	0	61	Green Beans	10	80	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	6	Applesauce	15	60	0	0	0	0
17	Muffin WG	15	100	0	0	0	0	76	Mac & Cheese (A)	17	115	0	0	0	0
Snack								Snack							
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	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, August 13, 2025								Thursday, August 14, 2025							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
93	Pineapple	15	60	0	0	0	0	80	Milk	12	100	0	0	0	0
89	Pears	12	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	96	Pancakes WG	35	225	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
182	Baked Potato W/ cheese	0	0	0	0	0	0	126	Grilled Cheese	0	0	0	0	0	0
18	Broccoli	10	80	0	0	0	0	125	Tomato Soup	0	0	0	0	0	0
88	Peaches	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
106	Roll	15	100	0	0	0	0	121	Bread WG	12	80	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
30	Chex Mix	12	80	0	0	0	0	5	Apple Slices	8	30	0	0	0	0
Friday, August 15, 2025															
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								
168	Cinnamon Roll	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
128	Chef Salad (A) / Turkey Sandwich (C)	0	0	0	0	0	0	103	Pulled Beef Sandwich	30	100	0	0	0	0
137	Salad/Dressing (A) Peas (C)	0	0	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0
89	Pears	12	80	0	0	0	0	93	Pineapple	15	60	0	0	0	0
45	Crackers	20	100	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0
Snack															
59	Juice	16	20	0	0	0	0								
123	Yogurt	12	80	0	0	0	0								

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WEEK 4															
Monday, August 18, 2025								Tuesday, August 19, 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
88	Peaches	12	60	0	0	0	0	145	Juice	0	0	0	0	0	0
146	Waffles WG	0	0	0	0	0	0	21	Cereal 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
98	Pork Tenderloin (A) Chicken Patty (C)	15	100	0	0	0	0	115	Turkey Cheese/Wheat	12	230	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	194	Tater Tots	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
106	Roll	15	100	0	0	0	0	121	Bread WG	12	80	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, August 20, 2025								Thursday, August 21, 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
93	Pineapple	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0
123	Yogurt	12	80	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
195	Sausage, Egg and Cheese Biscuit	0	0	0	0	0	0	11	BBQ	0	0	0	0	0	0
66	Hashbrown	22	150	0	0	0	0	41	Cole Slaw (A) Carrots (C)	12	110	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	121	Bread WG	12	80	0	0	0	0
Snack								Snack							
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	123	Yogurt	12	80	0	0	0	0
Friday, August 22, 2025															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
14	Biscuits	12	130	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
158	Chic TenderSalad (A) Chicken Nugget V	0	0	0	0	0	0								
113	Toss Salad (A) /Smile faces (C)	5	25	0	0	0	0								
10	Banana	15	40	0	0	0	0								
106	Roll	15	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
30	Chex Mix	12	80	0	0	0	0								

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WEEK 5															
Monday, August 25, 2025								Tuesday, August 26, 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
89	Pears	12	80	0	0	0	0	88	Peaches	12	60	0	0	0	0
120	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
58	Chicken Salad	0	0	0	0	0	0	197	Enchiladia Casserole	0	0	0	0	0	0
101	Potato Wedges	25	100	0	0	0	0	196	Street Corn (A) Carrots (C)	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0
121	Bread WG	12	80	0	0	0	0	74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0
Snack								143	Tortilla	0	0	0	0	0	0
4	Juice	12	60	0	0	0	0	80	Milk	12	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0
Wednesday, August 27, 2025								Thursday, August 28, 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
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
183	Chicken Tender Wrap(A) Chicken Nugg	0	0	0	0	0	0	147	Ham Salad Sandwich	0	0	0	0	0	0
113	Toss Salad (A) /Smile faces (C)	5	25	0	0	0	0	100	Potato Salad (A) Smiley faces ©	25	150	0	0	0	0
176	Watermelon	0	0	0	0	0	0	5	Apple Slices	8	30	0	0	0	0
143	Tortilla	0	0	0	0	0	0	121	Bread WG	12	80	0	0	0	0
99	Potato Chips (A)	25	165	0	0	0	0	Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
30	Chex Mix	12	80	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0
Friday, August 29, 2025															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
4	Juice	12	60	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
162	Grilled Chicken Salad (A) Grilled Nugg	0	0	0	0	0	0								
137	Salad/Dressing (A) Peas (C)	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
106	Roll	15	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								

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