

# REDWOOD

## March Menu 2025

WEEK 1															
Monday, March 3, 2025								Tuesday, March 4, 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>							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	0	0	0	0
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	141	Pancakes	35	210	0	0	0	0
<b>Lunch</b>								<b>Lunch</b>							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
115	Turkey Cheese/Wheat	12	230	0	0	0	0	13	Big Boy Casserole	40	250	0	0	0	0
118	Vegetable Soup	22	180	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
121	Bread WG	12	80	0	0	0	0	12	WG Bun	0	0	0	0	0	0
45	Crackers	20	100	0	0	0	0	<b>Snack</b>							
<b>Snack</b>								<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	6	Applesauce	15	60	0	0	0	0
<b>Wednesday, March 5, 2025</b>								<b>Thursday, March 6, 2025</b>							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>								<b>Breakfast</b>							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
4	Juice	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	14	Biscuits	12	130	0	0	0	0
<b>Lunch</b>								<b>Lunch</b>							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
126	Grilled Cheese	0	0	0	0	0	0	34	Chicken Pot Pie	30	250	0	0	0	0
125	Tomato Soup	0	0	0	0	0	0	61	Green Beans	10	80	0	0	0	0
89	Pears	12	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
99	Potato Chips (A)	25	165	0	0	0	0	106	Roll	15	100	0	0	0	0
121	Bread WG	12	80	0	0	0	0	<b>Snack</b>							
<b>Snack</b>								<b>Snack</b>							
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	<b>Friday, March 7, 2025</b>							
<b>Friday, March 7, 2025</b>								<b>Friday, March 7, 2025</b>							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>								<b>Breakfast</b>							
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								
<b>Lunch</b>								<b>Lunch</b>							
80	Milk	12	100	0	0	0	0								
27	Cheese Pizza WG	17	230	0	0	0	0								
42	Corn (a) Green Beans( C )	15	80	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
50	Crust WG	45	200	0	0	0	0								
<b>Snack</b>								<b>Snack</b>							
4	Juice	12	60	0	0	0	0								
123	Yogurt	12	80	0	0	0	0								

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## March Menu 2025

WEEK 2																
Monday, March 10, 2025								Tuesday, March 11, 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>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
10	Banana	15	40	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
21	Cereal WG	15	100	0	0	0	0	168	Cinnamon Roll	0	0	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
196	Meatball Hoagie	0	0	0	0	0	0	138	Chicken Patty	0	0	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	18	Broccoli	10	80	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	122	WG Bun	12	100	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
117	Vanilla Wafers	17	120	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0	
<b>Wednesday, March 12, 2025</b>								<b>Thursday, March 13, 2025</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<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	77	Mandarin Oranges	12	60	0	0	0	0	
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
171	Hot Dog(A) Hamburger( C)	0	0	0	0	0	0	180	Quiche'	0	0	0	0	0	0	
61	Green Beans	10	80	0	0	0	0	131	Spring Salad (A) Peas(c)	0	0	0	0	0	0	
181	Cole Slaw (A) Mandarin Oranges(C)	0	0	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	17	Muffin WG	15	100	0	0	0	0	
200	Mac and Cheese (a)	0	0	0	0	0	0	<b>Snack</b>								
80	Milk	12	100	0	0	0	0	59	Juice	16	20	0	0	0	0	
29	Cheese-Its	17	100	0	0	0	0	130	Cheese String	0	0	0	0	0	0	
<b>Friday, March 14, 2025</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
89	Pears	12	80	0	0	0	0									
120	Bagel	0	0	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
53	Fish	17	150	0	0	0	0									
55	French Fries/Catsup	22	110	0	0	0	0									
10	Banana	15	40	0	0	0	0									
122	WG Bun	12	100	0	0	0	0									
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									
187	Yogurt	0	0	0	0	0	0									

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## March Menu 2025

WEEK 3																
Monday, March 17, 2025								Tuesday, March 18, 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>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
10	Banana	15	40	0	0	0	0	46	Cranraisins	15	50	0	0	0	0	
21	Cereal WG	15	100	0	0	0	0	83	Oatmeal WG	29	210	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
103	Pulled Beef Sandwich	30	100	0	0	0	0	158	Chicken Tender Salad (A) Chicken Nugg	0	0	0	0	0	0	
190	Potato Pancakes	0	0	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	112	Toss Salad (a) Green Beans (c )	5	25	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	45	Crackers	20	100	0	0	0	0	
<b>Snack</b>								<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	136	Graham Crackers WG	0	0	0	0	0	0	
<b>Wednesday, March 19, 2025</b>								<b>Thursday, March 20, 2025</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
14	Biscuits	12	130	0	0	0	0	96	Pancakes WG	35	225	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
169	Turkey DD Sandwich (A) Turkey Sandw	0	0	0	0	0	0	163	General Tso Chicken	0	0	0	0	0	0	
151	Sweet Potato Tots	0	0	0	0	0	0	184	Mixed Vegetable	0	0	0	0	0	0	
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
121	Bread WG	12	80	0	0	0	0	164	Rice	0	0	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	59	Juice	16	20	0	0	0	0	
30	Chex Mix	12	80	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
<b>Friday, March 21, 2025</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
88	Peaches	12	60	0	0	0	0									
21	Cereal WG	15	100	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
195	Egg and Cheese Biscuit	0	0	0	0	0	0									
67	Hashbrown Casserole	25	200	0	0	0	0									
10	Banana	15	40	0	0	0	0									
14	Biscuits	12	130	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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## March Menu 2025

WEEK 4																
Monday, March 24, 2025								Tuesday, March 25, 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>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
10	Banana	15	40	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	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
183	Grilled Chicken Sandwich	0	0	0	0	0	0	2	3 Way Chili and Cheese	0	0	0	0	0	0	
118	Vegetable Soup	22	180	0	0	0	0	112	Toss Salad (a) Green Beans (c)	5	25	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
106	Roll	15	100	0	0	0	0	45	Crackers	20	100	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
59	Juice	16	20	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	
<b>Wednesday, March 26, 2025</b>								<b>Thursday, March 27, 2025</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<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	46	Cranraisins	15	50	0	0	0	0	
14	Biscuits	12	130	0	0	0	0	83	Oatmeal WG	29	210	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
192	Turkey Hot Brown	0	0	0	0	0	0	193	Chicken Tender Wrap (A) Chicken Nugg	0	0	0	0	0	0	
18	Broccoli	10	80	0	0	0	0	48	Cream of Potato Soup	30	150	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0	
121	Bread WG	12	80	0	0	0	0	194	Flour tortilla (A) Roll (C)	0	0	0	0	0	0	
199	Happy Birthday Raechel!!!	0	0	0	0	0	0	199	Happy Birthday Raechel!!!	0	0	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	145	Juice	0	0	0	0	0	0	
57	Goldfish Crackers WG	20	100	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
<b>Friday, March 28, 2025</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
88	Peaches	12	60	0	0	0	0									
141	Pancakes	35	210	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
197	Fish Tacos (a) Sunbutter&Jelly Sand (C)	0	0	0	0	0	0									
198	Mexican Street Corn (A) Carotts (C)	0	0	0	0	0	0									
6	Applesauce	15	60	0	0	0	0									
143	Flour Tortilla(A) Bread (C)	0	0	0	0	0	0									
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									
117	Vanilla Wafers	17	120	0	0	0	0									

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## March Menu 2025

WEEK 5																
Monday, March 31, 2025								Tuesday, April 1, 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>								
80	Milk	12	100	0	0	0	0									
89	Pears	12	80	0	0	0	0									
120	Bagel	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0									
178	Rueben Sliders (A) Turkey Sandwich( C )	0	0	0	0	0	0									
179	Potato Cakes	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
177	Cinnamon Apples	0	0	0	0	0	0									
121	Bread WG	12	80	0	0	0	0									
<b>Snack</b>								<b>Snack</b>								
4	Juice	12	60	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
123	Yogurt	12	80	0	0	0	0									
Wednesday, April 2, 2025								Thursday, April 3, 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>								
B	See Next Month's Menu	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
B	See Next Month's Menu	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
B	See Next Month's Menu	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
Friday, April 4, 2025																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
B	See Next Month's Menu	0	0	0	0	0	0									
<b>Lunch</b>																
B	See Next Month's Menu	0	0	0	0	0	0									
<b>Snack</b>																
B	See Next Month's Menu	0	0	0	0	0	0									

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