

REDWOOD

April Menu 2025

WEEK 1															
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
Breakfast								Breakfast							
A	See Last Month's Menu	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								88	Peaches	12	60	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
A	See Last Month's Menu	0	0	0	0	0	0	9	Meat and Cheese for Baked Ziti	0	0	0	0	0	0
								61	Green Beans	10	80	0	0	0	0
								89	Pears	12	80	0	0	0	0
								8	Baked Ziti Pasta	0	0	0	0	0	0
								56	Garlic Bread	12	100	0	0	0	0
Snack								Snack							
A	See Last Month's Menu	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								136	Graham Crackers WG	0	0	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
Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
46	Cranraisins	15	50	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
49	Cream of Wheat	24	110	0	0	0	0	168	Cinnamon Roll	0	0	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Wheat Bun	12	100	0	0	0	0
92	Philly Steak/Cheese	16	230	0	0	0	0	11	BBQ	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	41	Cole Slaw (A) Carrots (C)	12	110	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	88	Peaches	12	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							
4	Juice	12	60	0	0	0	0	80	Milk	12	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	185	animal cracker	0	0	0	0	0	0
Friday, April 4, 2025															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
17	Muffin WG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
182	Baked Potato W/ cheese	0	0	0	0	0	0								
18	Broccoli	10	80	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
106	Roll	15	100	0	0	0	0								
187	Clam Chowder (A) & crackers	0	0	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 2																
Monday, April 7, 2025								Tuesday, April 8, 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	
10	Banana	15	40	0	0	0	0	81	Mixed Fruit	15	100	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	
165	Turkey Burger	0	0	0	0	0	0	190	Enchiladia Casserole	0	0	0	0	0	0	
184	Broccoli Salad (A) Broccoli (C)	0	0	0	0	0	0	166	Refried Beans	0	0	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	167	Chips Queso & Chips (A) Tortilla (C& A	0	0	0	0	0	0	
Snack								Snack								
45	Crackers	20	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
28	Cheese	4	180	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0	
Wednesday, April 9, 2025								Thursday, April 10, 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	10	Banana	15	40	0	0	0	0	
14	Biscuits	12	130	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
152	Meat Loaf	0	0	0	0	0	0	116	Turkey Sausage	15	60	0	0	0	0	
79	Mashed Potato	34	160	0	0	0	0	66	Hashbrown	22	150	0	0	0	0	
91	Peas and Carrots	15	100	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
106	Roll	15	100	0	0	0	0	96	Pancakes WG	35	225	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
29	Cheese-Its	17	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0	
Friday, April 11, 2025																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
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									
53	Fish	17	150	0	0	0	0									
41	Cole Slaw (A) Carrots (C)	12	110	0	0	0	0									
176	Cantalope	0	0	0	0	0	0									
121	Bread WG	12	80	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, April 14, 2025								Tuesday, April 15, 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	
17	Muffin WG	15	100	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	Italian Sub(A) Sunbutter/jelly Sand (C)	0	0	0	0	0	0	37	Chicken Tenders (a) Chicken Nugget (d)	25	240	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	18	Broccoli	10	80	0	0	0	0	
5	Apple Slices	8	30	0	0	0	0	88	Peaches	12	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	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, April 16, 2025								Thursday, April 17, 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	6	Applesauce	15	60	0	0	0	0	
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0	14	Biscuits	12	130	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
191	Open Faced Shredded Beef	0	0	0	0	0	0	36	Chicken Salad	25	100	0	0	0	0	
79	Mashed Potato	34	160	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0	
61	Green Beans	10	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
121	Bread WG	12	80	0	0	0	0	95	Pretzel Bun	15	50	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	10	Banana	15	40	0	0	0	0	
Friday, April 18, 2025																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
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									
126	Grilled Cheese	0	0	0	0	0	0									
125	Tomato Soup	0	0	0	0	0	0									
89	Pears	12	80	0	0	0	0									
45	Crackers	20	100	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
123	Yogurt	12	80	0	0	0	0									

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WEEK 4																
Monday, April 21, 2025								Tuesday, April 22, 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	
10	Banana	15	40	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
146	Waffles WG	0	0	0	0	0	0	168	Cinnamon Roll	0	0	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
34	Chicken Pot Pie	30	250	0	0	0	0	161	Cheese Coney (A) Hamburger (C)	0	0	0	0	0	0	
131	Spring Salad (A) Broccoli (c)	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
121	Bread WG	12	80	0	0	0	0	122	WG Bun	12	100	0	0	0	0	
Snack								Snack								
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	
Wednesday, April 23, 2025								Thursday, April 24, 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	89	Pears	12	80	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	
150	Grilled Ham & Swiss	0	0	0	0	0	0	35	Chicken Rice Casserole	25	235	0	0	0	0	
151	Sweet Potato Tots	0	0	0	0	0	0	18	Broccoli	10	80	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	
121	Bread WG	12	80	0	0	0	0	106	Roll	15	100	0	0	0	0	
45	Crackers	20	100	0	0	0	0	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	6	Applesauce	15	60	0	0	0	0	
Friday, April 25, 2025																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
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									
128	Chef Salad (A) / Turkey Sandwich (C)	0	0	0	0	0	0									
72	Lett/Tom/(A) smiley faces(C)	5	45	0	0	0	0									
5	Apple Slices	8	30	0	0	0	0									
45	Crackers	20	100	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
117	Vanilla Wafers	17	120	0	0	0	0									

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WEEK 5																
Monday, April 28, 2025								Tuesday, April 29, 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	88	Peaches	12	60	0	0	0	0	
120	Bagel	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	
139	Sloppy Joe	0	0	0	0	0	0	174	Trio Salad(A) Chicken Salad (C)	0	0	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	118	Vegetable Soup	22	180	0	0	0	0	
181	Cole Slaw (A) Peas (C)	0	0	0	0	0	0	5	Apple Slices	8	30	0	0	0	0	
12	Wheat Bun	0	0	0	0	0	0	17	Muffin WG	15	100	0	0	0	0	
97	Potato chips (A)	30	150	0	0	0	0	Snack								
Snack								Snack								
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, April 30, 2025								Thursday, May 1, 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									
81	Mixed Fruit	15	100	0	0	0	0	B	See Next Month's Menu	0	0	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									
188	Cracked Chicken Spaghetti	0	0	0	0	0	0									
18	Broccoli	10	80	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
89	Pears	12	80	0	0	0	0									
56	Garlic Bread	12	100	0	0	0	0									
Snack								Snack								
189	Water	0	0	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0	
45	Crackers	20	100	0	0	0	0									
28	Cheese	4	180	0	0	0	0									
Friday, May 2, 2025																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
b	See Next Month's Menu	0	0	0	0	0	0									
Lunch																
b	See Next Month's Menu	0	0	0	0	0	0									
Snack																
b	See Next Month's Menu	0	0	0	0	0	0									

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