

REDWOOD

SEPTEMBER MENU 2025

WEEK 1															
Monday, September 1, 2025								Tuesday, September 2, 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
								89	Pears	12	80	0	0	0	0
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	166	BagelWG	0	0	0	0	0	0
	Lunch								Lunch						
								80	Milk	12	100	0	0	0	0
								103	Pulled Beef Sandwich	30	100	0	0	0	0
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0
								61	Green Beans	10	80	0	0	0	0
								122	Bun	12	100	0	0	0	0
	Snack								Snack						
								80	Milk	12	100	0	0	0	0
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0								
								136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, September 3, 2025								Thursday, September 4, 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
93	Pineapple	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	165	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
116	Turkey Sausage	15	60	0	0	0	0	53	Fish	17	150	0	0	0	0
66	Hashbrown	22	150	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	88	Peaches	12	60	0	0	0	0
								12	Wheat Bun WG	0	0	0	0	0	0
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0								
	Snack								Snack						
80	Milk	12	100	0	0	0	0	59	Grape Juice	16	20	0	0	0	0
117	Vanilla Wafers	17	120	0	0	0	0	123	Yogurt	12	80	0	0	0	0
Friday, September 5, 2025															
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
149	Taco Salad Chips/Salsa Tacos (C)	0	0	0	0	0	0								
210	Refried Beans	0	0	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
142	flour tortilla	0	0	0	0	0	0								
74	Lettuce/Tomato/Sour cream (A)	22	65	0	0	0	0								
	Snack														
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								

Milk
Fruit/Veg./Juice
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SEPTEMBER MENU 2025

WEEK 2															
Monday, September 8, 2025								Tuesday, September 9, 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	77	Mandarin Oranges	12	60	0	0	0	0
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	14	Biscuits WG	12	130	0	0	0	0
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
177	General Tso Chicken (A) Chicken Nugg	0	0	0	0	0	0	132	Spaghetti/Meatsauce/Cheese	0	0	0	0	0	0
18	Broccoli	10	80	0	0	0	0	61	Green Beans	10	80	0	0	0	0
93	Pineapple	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
179	Rice	0	0	0	0	0	0	56	Garlic Bread	12	100	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 WG	0	0	0	0	0	0								
								123	Yogurt	12	80	0	0	0	0
	Wednesday, September 10, 2025								Thursday, September 11, 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
141	Pancakes	35	210	0	0	0	0	123	Yogurt	12	80	0	0	0	0
	Lunch								Lunch						
80	Milk	12	100	0	0	0	0	80	53	12	100	0	0	0	0
35	Chicken Rice Casserole	25	235	0	0	0	0	38	Chili w/Beans	32	210	0	0	0	0
23	Carrots	10	80	0	0	0	0	112	Toss Salad (A) Peas (C)	5	25	0	0	0	0
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
45	Crackers	20	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
	Snack								Snack						
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	57	Goldfish Crackers WG	20	100	0	0	0	0
	Friday, September 12, 2025														
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
120	Bagel	0	0	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
212	Turkey Bacon DD (A) Turkey Sand (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								
47	Cream of Chicken & Wild Rice Soup	30	150	0	0	0	0								
	Snack														
80	Milk	12	100	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								

Milk
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WEEK 3															
Monday, September 15, 2025								Tuesday, September 16, 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
4	Apple Juice	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	141	Pancakes	35	210	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
140	Cheeseburger	0	0	0	0	0	0	37	Chicken Tenders	25	240	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	62	Green Beans Casserole	10	80	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
12	Wheat Bun WG	0	0	0	0	0	0	106	Roll	15	100	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	102	Pretzels (Soft) WG	30	100	0	0	0	0
Wednesday, September 17, 2025								Thursday, September 18, 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 WG	12	130	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
211	Burritos	0	0	0	0	0	0	162	Chicken & Waffles	0	0	0	0	0	0
42	Corn (A) Peas (C)	15	80	0	0	0	0	67	Hashbrown Casserole	25	200	0	0	0	0
39	Cinnamon Apples	17	120	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
142	flour tortilla	0	0	0	0	0	0	146	Waffles WG	0	0	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 WG	0	0	0	0	0	0	6	Applesauce	15	60	0	0	0	0
Friday, September 19, 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								
165	Cinnamon Roll	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
161	Cheese Bread Stick	0	0	0	0	0	0								
112	Toss Salad (A) Peas (C)	5	25	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
161	Cheese Bread Stick	0	0	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								

Milk

Fruit/Veg./Juice

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WEEK 4															
Monday, September 22, 2025								Tuesday, September 23, 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
4	Apple Juice	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
166	BagelWG	0	0	0	0	0	0	146	Waffles WG	0	0	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	64	Ham & Bean Soup	18	230	0	0	0	0
163	Broccoli Salad (A) Broccoli ©	0	0	0	0	0	0	70	Home Fries	25	150	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
12	Wheat Bun WG	0	0	0	0	0	0	43	Corn Bread	12	120	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
								102		Pretzels (Soft) WG	30	100	0	0	0
130	Cheese String	0	0	0	0	0	0								
Wednesday, September 24, 2025								Thursday, September 25, 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
123	Yogurt	12	80	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
207	Chicken Alfredo	0	0	0	0	0	0	150	Grilled Ham & Swiss	0	0	0	0	0	0
18	Broccoli	10	80	0	0	0	0	151	Sweet Potato Tots	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0
56	Garlic Bread	12	100	0	0	0	0	12	Wheat Bun WG	0	0	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
								77		Mandarin Oranges	12	60	0	0	0
206	Vanilla Wafer	0	0	0	0	0	0								
Friday, September 26, 2025															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								
49	Cream of Wheat	24	110	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
124	Tuna Salad (A) Sunbutter and Jelly sar	0	0	0	0	0	0								
101	Potato Wedges	25	100	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
193	Croissant	0	0	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
136	Graham Crackers WG	0	0	0	0	0	0								

Milk
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SEPTEMBER MENU 2025

WEEK 5															
Monday, September 29, 2025								Tuesday, September 30, 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
81	Mixed Fruit	15	100	0	0	0	0	88	Peaches	12	60	0	0	0	0
123	Yogurt	12	80	0	0	0	0	14	Biscuits WG	12	130	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	213	Open faced Turkey w/gravy	0	0	0	0	0	0
112	Toss Salad (A) Peas (C)	5	25	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0
93	Pineapple	15	60	0	0	0	0	23	Carrots	10	80	0	0	0	0
45	Crackers	20	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
Snack								121	Bread WG	12	80	0	0	0	0
80	Milk	12	100	0	0	0	0	Snack							
102	Pretzels (Soft) WG	30	100	0	0	0	0	80	Milk	12	100	0	0	0	0
Wednesday, October 1, 2025								Thursday, October 2, 2025							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
Lunch								Lunch							
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
Snack								Snack							
b	See Next Month's Menu	0	0	0	0	0	0	b	See Next Month's Menu	0	0	0	0	0	0
Menu Items								Menu Items							
Breakfast								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								

Milk
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