REDWOOD

SEPTEMBER MENU 2025

							WEE	K 1								_
	Monday, Septemb	oer 1, 20)25						Tuesday, Septen	nber 2,	2025					I
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	1
	Breakfast								Breakfast							1
								80	Milk	12	100	0	0	0	0	Milk
								89	Pears	12	80	0	0	0	0	Fruit/Veg./Juice
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	166	BagelWG	0	0	0	0	0	0	Grains
																Grains
	Lunch								Lunch							1
								80	Milk	12	100	0	0	0	0	Milk
								103	Pulled Beef Sandwich	30	100	0	0	0	0	Meat/Meat Alternat
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0	Fruit/Veg.
								61	Green Beans	10	80	0	0	0	0	Fruit/Veg.
								122	Bun	12	100	0	0	0	0	Grains
																Grains
	Snack								Snack						_	I
								80	Milk	12	100	0	0	0	0	Milk
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	400								Fruit/Veg./Juice
								136	Graham Crackers WG	0	0	0	0	0	0	Grains
										<u> </u>						Meat/Meat Alternat
	Wednesday, Septer			_					Thursday, Septer	nper 4,	2025					Ì
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	ltem#	Menu Items							1
	Breakfast	40	100						Breakfast	40	100			_	_	
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
93	Pineapple	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0	165	Cinnamon Roll	0	0	0	0	0	0	Grains
	Lunch								Lunch							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
116	Turkey Sausage	15	60	0	0	0	0	53	Fish	17	150	0	0	0	0	Meat/Meat Alternat
66	Hashbrown	22	150	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg.
01	WINCE THE	10	100	U	-	-	U	12	Wheat Bun WG	0	0	0	0	0	0	Grains
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0	12	Willout Bull WG	Ů	Ů		Ŭ		Ü	Grains
0.	Snack	·-	.00						Snack]
80	Milk	12	100	0	0	0	0	59	Grape Juice	16	20	0	0	0	0	Milk
																Fruit/Veg./Juice
																Grains
117	Vanilla Wafers	17	120	0	0	0	0	123	Yogurt	12	80	0	0	0	0	Meat/Meat Alternate
	Friday, Septembe	er 5, 20	25						•							
Item#	Menu Items															
	Breakfast															
80	Milk	12	100	0	0	0	0									Milk
6	Applesauce	15	60	0	0	0	0									Fruit/Veg./Juice
21	Cereal WG	15	100	0	0	0	0									Grains
																Grains
	Lunch															
80	Milk	12	100	0	0	0	0									Milk
149	Taco Salad Chips/Salsa Tacos (C)	0	0	0	0	0	0									Meat/Meat Alternate
210	Refried Beans	0	0	0	0	0	0									Fruit/Veg.
6	Applesauce	15	60	0	0	0	0									Fruit/Veg.
142	flour tortilla	0	0	0	0	0	0									Grains
74	Lettuce/Tomato/Sour cream (A)	22	65	0	0	0	0									Grains
	Snack															
80	Milk	12	100	0	0	0	0									Milk
10	Banana	15	40	0	0	0	0									Fruit/Veg./Juice
																Grains
																Meat/Meat Alternate

REDWOOD

SEPTEMBER MENU 2025

							WEE	K 2								_
	Monday, Septembe	er 8 20	125				WLL	Ν 2	Tuesday, Septen	nher 9	2025					
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
item#	Breakfast	Oaib	<u>Uai</u>	110	<u>r at</u>	1 10	000	item	Breakfast	Carb	<u> </u>	1.10	<u>r at</u>	1.10	000	
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
88	Peaches	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg./Juice
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	14	Biscuits WG	12	130	0	0	0	0	Grains
		.=				-										Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
177	General Tso Chicken (A) Chicken Nugo	0	0	0	0	0	0	132	Spaghetti/Meatsauce/Cheese	0	0	0	0	0	0	Meat/Meat Alterna
18	Broccoli	10	80	0	0	0	0	61	Green Beans	10	80	0	0	0	0	Fruit/Veg.
93	Pineapple	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
179	Rice	0	0	0	0	0	0	56	Garlic Bread	12	100	0	0	0	0	Grains
																Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Veg./Juice
136	Graham Crackers WG	0	0	0	0	0	0									Grains
								123	Yogurt	12	80	0	0	0	0	Meat/Meat Alterna
	Wednesday, Septemb	ber 10,	2025						Thursday, Septen	nber 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	Milk
81	Mixed Fruit	15	100	0	0	0	0	10	Banana	15	40	0	0	0	0	Fruit/Veg./Juice
141	Pancakes	35	210	0	0	0	0	123	Yogurt	12	80	0	0	0	0	Grains
																Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	53	12	100	0	0	0	0	Milk
35	Chicken Rice Casserole	25	235	0	0	0	0	38	Chili w/Beans	32	210	0	0	0	0	Meat/Meat Alternat
23	Carrots	10	80	0	0	0	0	112	Toss Salad (A) Peas (C)	5	25	0	0	0	0	Fruit/Veg.
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
45	Crackers	20	100	0	0	0	0	45	Crackers	20	100	0	0	0	0	Grains
																Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Veg./Juice
117	Vanilla Wafers	17	120	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Grains
																Meat/Meat Alternat
	Friday, September	12, 20	25													
Item#	Menu Items															
	Breakfast															
80	Milk	12	100	0	0	0	0									Milk
6	Applesauce	15	60	0	0	0	0									Fruit/Veg./Juice
120	Bagel	0	0	0	0	0	0									Grains
																Grains
	Lunch	- 10	400													A 400
80	Milk	12	100	0	0	0	0									Milk
212	Turkey Bacon DD (A) Turkey Sand (C)	0	0	0	0	0	0									Meat/Meat Alterna
55	French Fries/Catsup	22	110	0	0	0	0									Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg.
47	Cream of Chicken & Wild Rice Soup	30	150	0	0	0	0									Grains
																Grains
	Snack	40	400	_	_	_	_									NA:II.
80	Milk	12	100	0	0	0	0									Milk
81	Mixed Fruit	15	100	0	0	0	0									Fruit/Veg./Juice
																Grains
																Meat/Meat Alterna

REDWOOD

SEPTEMBER MENU 2025

							WEE	K 3								
	Monday, Septe	mber 15, 2	025						Tuesday, Septe	mber 16,	2025					
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	<u>Fib</u>	Sod	
	Breakfast								Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
4	Apple Juice	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg./Jui
16	Muffin WG	30	130	0	0	0	0	141	Pancakes	35	210	0	0	0	0	Grains
																Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
140	Cheeseburger	0	0	0	0	0	0	37	Chicken Tenders	25	240	0	0	0	0	Meat/Meat Al
55	French Fries/Catsup	22	110	0	0	0	0	62	Green Beans Casserole	10	80	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
12	Wheat Bun WG	0	0	0	0	0	0	106	Roll	15	100	0	0	0	0	Grains
																Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Veg./Jui
57	Goldfish Crackers WG	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
																Meat/Meat Al
	Wednesday, Sept	tember 17.	2025						Thursday, Septe	mber 18	2025					
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	10.						
11011111	Breakfast							10111111	Breakfast							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
89	Pears	12	80	0	0	0	0	10	Banana	15	40	0	0	0	0	Fruit/Veg./Jui
14	Biscuits WG	12	130	0	0	0	0	83	Oatmeal	29	210	0	0	0	0	Grains
	Biscuito VVG	- '-	100	Ŭ	Ŭ	Ŭ	Ŭ	- 00	Curricu		210	Ů	_	Ü		Grains
	Lunch								Lunch							Oranis
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
211	Burritos	0	0	0	0	0	0	162	Chicken & Waffles	0	0	0	0	0	0	Meat/Meat Alt
42	Corn (A) Peas (C)	15	80	0	0	0	0	67	Hashbrown Casserole	25	200	0	0	0	0	Fruit/Veg.
39	Cinnamon Apples	17	120	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	Fruit/Veg.
142	flour tortilla	0	0	0	0	0	0	146	Waffles WG	0	0	0	0	0	0	Grains
142	iloui tortilla	U	U	U	U	U	U	140	Wallies WG	U	U	0	U	U	U	Grains
	Snack								Snack							Grains
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
80	IVIIK	12	100	U	U	U	U	6		15	60	0	0	0	0	
400	One have One above MIO	0	_	_	_	_	_	ь	Applesauce	15	60	U	0	U	U	Fruit/Veg./Juid
136	Graham Crackers WG	- 0	0	0	0	0	0									Grains
	Friday Oraton	-h - :: 40 . 00	25													Meat/Meat Alt
	Friday, Septen	nber 19, 20	125													
Item#	Menu Items															
00	Breakfast	- 10	400		_	_	_									NA:II.
80	Milk	12	100	0	0	0	0									Milk
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg./Juid
165	Cinnamon Roll	0	0	0	0	0	0									Grains
																Grains
	Lunch															
80	Milk	12	100	0	0	0	0									Milk
161	Cheese Bread Stick	0	0	0	0	0	0									Meat/Meat Alt
112	Toss Salad (A) Peas (C)	5	25	0	0	0	0									Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0									Fruit/Veg.
161	Cheese Bread Stick	0	0	0	0	0	0									Grains
																Grains
	Snack															
			100	0	0	0	0									Milk
80	Milk	12	100	-												
80	Milk	12	100													Fruit/Veg./Jui
80	Milk Cereal WG	12	100	0	0	0	0									Fruit/Veg./Jui Grains

REDWOOD

SEPTEMBER MENU 2025

Meat/Meat Alternate

							WEE	K A								_
	Monday, Septembe	r 22. 2	025				77		Tuesday, Septem	ber 23	2025					
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	
Itemin	Breakfast	Carb	<u> </u>	110	<u>ı at</u>	1 10	000	item	Breakfast	Carb	Oai	110	rat	110	000	
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
4	Apple Juice	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg./Juice
166	BagelWG	0	0	0	0	0	0	146	Waffles WG	0	0	0	0	0	0	Grains
	3															Grains
	Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
63	Grilled Chicken	17	60	0	0	0	0	64	Ham & Bean Soup	18	230	0	0	0	0	Meat/Meat Alternate
163	Broccoli Salad (A) Broccoli ©	0	0	0	0	0	0	70	Home Fries	25	150	0	0	0	0	Fruit/Veg.
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg.
12	Wheat Bun WG	0	0	0	0	0	0	43	Corn Bread	12	120	0	0	0	0	Grains
																Grains
	Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
																Fruit/Veg./Juice
								102	Pretzels (Soft) WG	30	100	0	0	0	0	Grains
130	Cheese String	0	0	0	0	0	0									Meat/Meat Alternate
	Wednesday, Septem								Thursday, Septem	ber 25	2025					
Item#	Menu Items	Carb	<u>Cal</u>	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items							
	Breakfast				_		_		Breakfast				_			
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	Fruit/Veg./Juice
123	Yogurt	12	80	0	0	0	0	54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0	Grains
	Lunch								Lunck							Grains
90		12	100	0	0	0		00	Lunch	12	100	0	0	_	0	Malle
80 207	Milk Chicken Alfredo	0	0	0	0	0	0	80 150	Milk Grilled Ham & Swiss	0	0	0	0	0	0	Milk Meat/Meat Alternate
18	Broccoli	10	80	0	0	0	0	151	Sweet Potato Tots	0	0	0	0	0	0	Fruit/Veg.
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg.
56	Garlic Bread	12	100	0	0	0	0	12	Wheat Bun WG	0	0	0	0	0	0	Grains
- 00	Carrio Broad	12	100		Ŭ		<u> </u>	12	Wilcut Ball Wo							Grains
	Snack								Snack							Ordino .
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk
					-	-		77	Mandarin Oranges	12	60	0	0	0	0	Fruit/Veg./Juice
206	Vanilla Wafer	0	0	0	0	0	0		g							Grains
																Meat/Meat Alternate
	Friday, September	26, 20)25													
Item#	Menu Items															
	Breakfast															
80	Milk	12	100	0	0	0	0									Milk
10	Banana	15	40	0	0	0	0									Fruit/Veg./Juice
49	Cream of Wheat	24	110	0	0	0	0									Grains
																Grains
	Lunch															
80	Milk	12	100	0	0	0	0									Milk
124	Tuna Salad (A) Sunbutter and Jelly sar		0	0	0	0	0									Meat/Meat Alternate
101	Potato Wedges	25	100	0	0	0	0									Fruit/Veg.
88	Peaches	12	60	0	0	0	0									Fruit/Veg.
193	Croissant	0	0	0	0	0	0									Grains
																Grains
	Snack	40	400	_	_		_									NA:II.
80	Milk	12	100	0	0	0	0									Milk
126	Cycle and Cycle steers MC	0		0	0	0										Fruit/Veg./Juice
136	Graham Crackers WG	0	0	0	0	0	0									Grains

REDWOOD

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							WEE	K 5							
	Monday, Septemb	er 29. 2	025				***		Tuesday, Septem	ber 30.	2025				
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
1011111	Breakfast	<u> </u>	<u> </u>			1	<u> </u>	100000	Breakfast	<u> </u>	<u> </u>			1	000
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
								14	Biscuits WG	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
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 45	Pineapple	15 20	60 100	0	0	0	0	23 45	Carrots	10 20	80 100	0	0	0	0
45	Crackers	20	100	U	U	U	U	121	Crackers Bread WG	12	80	0	0	0	0
	Snack							121	Snack	12	80	U	U	U	U
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
-00	TWINCE TO THE PROPERTY OF THE	12	100	Ŭ	Ů	Ů	Ů	- 00	TVIIIX	1 -	100	Ů	_	Ü	Ů
102	Pretzels (Soft) WG	30	100	0	0	0	0								
	1.102010 (0011) 11.0						Ü	130	Cheese String	0	0	0	0	0	0
	Wednesday, Octol	per 1, 2	025	-	<u> </u>	<u> </u>			Thursday, Octo	ber 2, 2	025				
tem#	Menu Items	Carb		Pro	<u>Fat</u>	Fib	Sod	Item#	Menu Items						
	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						
									0 11 111 111 11	_			_		
l.	O Nort Monthle Mon			_			0	b	See Next Month's Menu	0	0	0	0	0	0
b	See Next Month's Menu	0	0	0	0	0	0			1					
										1					
	Snack								Snack						
	Shack								Citation						
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														
	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								
b	See Next Month's Menu	U	U	U	U	U	U								
	Snack														
	Cwork														
b	See Next Month's Menu	0	0	0	0	0	0								
b	See Next Month's Menu	0	0	0	0	0	0								