

REDWOOD

October Menu 2025

WEEK 1															
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							
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, 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							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
6	Applesauce	15	60	0	0	0	0	10	Banana	15	40	0	0	0	0
54	Fr. Toast/Syrup-Wheat(A)	12	180	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
13	Big Boy Casserole	40	250	0	0	0	0	126	Grilled Cheese	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	125	Tomato Soup	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
122	WG Bun	12	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
Friday, October 3, 2025															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
146	Waffles WG	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
162	Grilled Chicken Salad (A) Grilled Nugge	0	0	0	0	0	0								
156	Lettuce/tomato(A) peas and carrots (C	0	0	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
106	Roll	15	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
102	Pretzels WG	30	100	0	0	0	0								

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WEEK 2															
Monday, October 6, 2025								Tuesday, October 7, 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	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
185	Corn Dog (A) Hamburger (C)	0	0	0	0	0	0	188	Chipotle Bowl Chic (C & A) Beef or Chic	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	189	Black Beans (A) Green bean (C)	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	5	Apple Slices	8	30	0	0	0	0
122	WG Bun	12	100	0	0	0	0	164	Rice	0	0	0	0	0	0
Snack								167	Chips Queso (A)	0	0	0	0	0	0
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
Wednesday, October 8, 2025								28	Cheese	4	180	0	0	0	0
Thursday, October 9, 2025								Friday, October 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
59	Juice	16	20	0	0	0	0	46	Cranraisins	15	50	0	0	0	0
52	English Muffin Marg/Butter/Jelly	12	100	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
186	Chicken Parmesan	0	0	0	0	0	0	193	Chicken & Dumplings	0	0	0	0	0	0
22	California Mix	10	80	0	0	0	0	23	Carrots	10	80	0	0	0	0
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
187	Pasta w/sauce	0	0	0	0	0	0	122	WG Bun	12	100	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	59	Juice	16	20	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	130	Cheese String	0	0	0	0	0	0
Friday, October 10, 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								
123	Yogurt	12	80	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
37	Chicken Tenders (a) Chicken Nugget (c	25	240	0	0	0	0								
61	Green Beans	10	80	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
76	Mac & Cheese	17	115	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
136	Graham Crackers WG	0	0	0	0	0	0								

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WEEK 3															
Monday, October 13, 2025								Tuesday, October 14, 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	88	Peaches	12	60	0	0	0	0
17	Muffin WG	15	100	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
190	Cod Sliders (A) Fish Nuggets (C)	0	0	0	0	0	0	34	Chicken Pot Pie	30	250	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	108	Spinach Salad	25	125	0	0	0	0
191	Slaw (a) pears(C)	0	0	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
122	WG Bun	12	100	0	0	0	0	180	Crust	0	0	0	0	0	0
192	Roll (C)	0	0	0	0	0	0	Snack							
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	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, October 15, 2025								Thursday, October 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
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	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
152	Meat Loaf	0	0	0	0	0	0	175	Nachos (A) Tacos (C)	0	0	0	0	0	0
23	Carrots	10	80	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0
79	Mashed Potato	34	160	0	0	0	0	74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0
106	Roll	15	100	0	0	0	0	166	Refried Beans (A) Peas & Carrot (C)	0	0	0	0	0	0
Snack								143	Flour Tortilla (C) Tortilla Chips (A)	0	0	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	59	Juice	16	20	0	0	0	0
102	Pretzels WG	30	100	0	0	0	0	123	Yogurt	12	80	0	0	0	0
Friday, October 17, 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								
138	Chicken Patty	0	0	0	0	0	0								
118	Vegetable Soup	22	180	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
122	WG Bun	12	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								

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WEEK 4															
Monday, October 20, 2025								Tuesday, October 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
88	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
141	Pancakes	35	210	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	27	Pizza	17	230	0	0	0	0
41	Cole Slaw (A) Peas& Carrots (C)	12	110	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
93	Pineapple	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
122	WG Bun	12	100	0	0	0	0	50	Crust	45	200	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, October 22, 2025								Thursday, October 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
6	Applesauce	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
14	Biscuits	12	130	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
36	Chicken Salad	25	100	0	0	0	0	171	Sausage, Egg & CH Biscuit	0	0	0	0	0	0
101	Potato Wedges	25	100	0	0	0	0	66	Hashbrown	22	150	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	10	Banana	15	40	0	0	0	0
195	Pretzel Bun	0	0	0	0	0	0	14	Biscuits	12	130	0	0	0	0
Snack								Snack							
145	Juice	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0
Friday, October 24, 2025															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
46	Cranraisins	15	50	0	0	0	0								
83	Oatmeal WG	29	210	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
115	Turkey Cheese/Wheat	12	230	0	0	0	0								
170	Corn Salad (A) Broccoli (C)	0	0	0	0	0	0								
89	Pears	12	80	0	0	0	0								
122	WG Bun	12	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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WEEK 5															
Monday, October 27, 2025								Tuesday, October 28, 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
52	English Muffin Marg/Butter/Jelly	12	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
140	Cheeseburger	0	0	0	0	0	0	193	Chicken & Dumplings	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	23	Carrots	10	80	0	0	0	0
182	Baked Beans	0	0	0	0	0	0	88	Peaches	12	60	0	0	0	0
122	WG Bun	12	100	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
5	Apple Slices	8	30	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0
Wednesday, October 29, 2025								Thursday, October 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
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	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
33	Chicken Fritter	25	240	0	0	0	0	194	Greek Flatbread	0	0	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	77	Mandarin Oranges	12	60	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	145	Juice	0	0	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Friday, October 31, 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								
21	Cereal WG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
38	Chili w/Beans	32	210	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
113	Toss Salad (A) Green Beans (C)	5	25	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
Snack															
B	See Next Month's Menu	0	0	0	0	0	0								

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