## **REDWOOD**

Snack

12 100

30 100

0

0

0

0

0

0

80

102

Milk

Pretzels WG

#### October Menu 2025

										Oc	tope	erivi	enu	202	<u>25</u>
							WEE	K 1							
	Monday, Septembe	Tuesday, September 30, 2025													
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	Carb		Pro	Fat	Fib	Sod
	Breakfast								Breakfast						
Α	See Last Month's Menu	0	0	0	0	0	0	Α	See Last Month's Menu	0	0	0	0	0	0
	Lunch								Lunch						
A	Cool ant Monthly Many	0	0	0	0	0	0	_	See Last Month's Menu	0	0	0	0	0	0
A	See Last Month's Menu	U	U	U	U	U	U	Α	See Last Month's Menu	U	U	U	U	U	U
	Snack								Snack						
Α	See Last Month's Menu	0	0	0	0	0	0	Α	See Last Month's Menu	0	0	0	0	0	0
	Wednesday, Octob				,	,			Thursday, Oct	ober 2, 2	025				
Item#	Menu Items	Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#	Menu Items						
	Breakfast		400						Breakfast	- 10	100				
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
6 54	Applesauce Fr. Toast/Syrup-Wheat(A)	15 12	60 180	0	0	0	0	10 21	Banana Cereal WG	15 15	40 100	0	0	0	0
34	F1. Toasi/Syrup-Wheat(A)	12	100	U	U	U	U	21	Cereal WG	13	100	U	U	U	U
	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		400						Snack	- 10	100				
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
130	Cheese String	0	0	0	0	0	0	130	Granam Grackers WG	-	0	U	0	U	U
100	Friday, October		_												
Item#	Menu Items	,													
	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								
93 106	Pineapple Roll	15 15	60 100	0	0	0	0								
100	NUII	10	100	U	U	U	U								

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0

# **REDWOOD**

Snack

12 100

0

0

0

0

0

0

0

0

80

136

Milk

Graham Crackers WG

### October Menu 2025

1766	<b>31100</b> B									OC	lobe	el IVI	enu	202	20
							WEE	K 2							
	Monday, October	r 6. 202	25			Tuesday, October 7, 2025									
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	Carb		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
								167	Chips Queso (A)	0	0	0	0	0	0
	Snack								Snack						
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
								28	Cheese	4	180	0	0	0	0
	Wednesday, Octob		Thursday, Octob	er 9, 2	025										
Item#	Menu Items	Carb	Cal	Pro	<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
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			- 10					
81	Mixed Fruit	15	100	0	0	0	0	59	Juice	16	20	0	0	0	0
								400	OL OL:					_	
		10.000	_					130	Cheese String	0	0	0	0	0	0
	Friday, October	10, 202	5	1	1	ı	ı								
Item#	Menu Items														
00	Breakfast	40	100												
80	Milk	12	100	0	0	0	0								
10 123	Banana	15 12	40 80	0	0	0	0								
123	Yogurt	12	80	U	U	U	U								
	Lunch														
80	Lunch 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								
70	IVIAC & CITEESE	- 17	115	U	U	U	U								

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# **REDWOOD**

## October Menu 2025

Monday, October 13, 2025 Tuesday, October 14, 2025	WEE									EK 3							
Breakfast		Monday, October															
Bo	Item#		Carb	Cal	<u>Pro</u>	<u>Fat</u>	<u>Fib</u>	Sod	Item#		Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	
10   Banana			40	400	_	_	_				40	400					
17																0	
Lunch																0	
80   Milk   12   100   0   0   0   0   0   0   0   0	.,,	William W C	10	100	Ŭ	0	0		30	T diloakes We	00	220	-				
190   Cod Silders (A) Fish Nuggests (C)		Lunch								Lunch							
191   Silve (a) pears(C)	80		12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
191   Slaw (a) persys (C)																0	
122   WG Burn																0	
192   Roll (C)																0	
Snack									180	Crust	0	0	0	0	0	0	
BO   Milk	192		U	U	U	U	U	U		Snack							
Source   Chex Mix   12   80   0   0   0   0   136   Graham Crackers WG   0   0   0   0   0   0   0   0   0	80		12	100	0	0	0	0	80		12	100	0	0	0	0	
Wednesday, October 15, 2025   Thursday, October 16, 2025   Thursday, October 17, 2025   Thursday, October 17, 2025   Thursday, October 16, 202   October 17, 2025   October 17, 2025   October 18, 2025   October 19, 2025   October 19, 2025   October 19, 2025   October 19, 2025   October 20, 2021   October 19, 2025   October 20, 2021   October 19, 2025   October 20, 2025   Octob	- 00	Milk	12	100	Ŭ	0	0		- 00	IVIIIX	12	100	-			Ü	
Wednesday, October 15, 2025   Item#   Menu Item#   Carb   Cal   Pro   Fat   Fib   Sod   Item#   Menu Item#   Breakfast   Sod   Sod	30	Chex Mix	12	80	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0	
Menu Items   Carb   Cal   Pro   Fat   Fib   Sod   Item#   Menu Items																	
Breakfast		Wednesday, Octobe	er 15, 2	2025						Thursday, Octob	er 16, 2	2025					
80	Item#		Carb	Cal	Pro	<u>Fat</u>	<u>Fib</u>	Sod	Item#								
81																	
14   Biscuits																0	
Note																0	
80   Milk	14	BISCUITS	12	130	U	U	U	U	52	English Μυπιη Marg/Butter/Jelly	12	100	U	U	U	0	
80   Milk		Lunch								Lunch							
152   Meat Loaf	80		12	100	0	0	0	0	80		12	100	0	0	0	0	
Carrotes										Nachos (A ) Tacos (C )						0	
106   Roll	23	Carrots	10	80	0	0	0	0	39		17	120	0	0	0	0	
Snack   Snac																0	
Snack   12 100 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	106	Roll	15	100	0	0	0	0								0	
80 Milk									143		0	0	0	0	0	0	
102   Pretzels WG   30   100   0   0   0   0   0   0   0   0	90		12	100	0	0	0	0		Snack							
102   Pretzels WG	00	IVIIIK	12	100	U	U	U	U	50	luice	16	20	0	0	0	0	
Triday, October 17, 2025	102	Pretzels WG	30	100	0	0	0	0	39	Juice	10	20	U	U	U		
Item#   Menu Items		. rozzoio rro			Ů		Ů		123	Yogurt	12	80	0	0	0	0	
Breakfast		Friday, October	17, 202	5						-							
80         Milk         12         100         0<	Item#									<u> </u>							
88         Peaches         12         60         0																	
17   Muffin WG																	
B0         Milk         12         100         0         0         0         0           138         Chicken Patty         0																	
80         Milk         12         100         0<	17	INIUIIII WG	15	100	U	U	U	U									
80         Milk         12         100         0<		Lunch															
138         Chicken Patty         0	80		12	100	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																	
122 WG Bun 12 100 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0								0									
Snack	122	WG Bun	12	100	0	0	0	0									
Snack																	
	00		10	100		_	_										
80 Milk 12 100 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	80	IVIIK	12	100	U	U	U										
21 Cereal WG 15 100 0 0 0 0	21	Cereal WG	15	100	0	0	0										
10 100 0 0 0		Soldi III	-,5	100	Ť		<u> </u>										

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## **REDWOOD**

#### October Menu 2025

1/LL										UCI	ope	er ivie	enu	202	(5
							WEE	K 4							
	Monday, October	Tuesday, October 21, 2025													
Item#	Menu Items	Carb		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						
								80	Milk	12	100	0	0	0	0
59	Juice	16	20	0	0	0	0								
								136	Graham Crackers WG	0	0	0	0	0	0
130	Cheese String	0	0	0	0	0	0								
	Wednesday, Octob			1			Thursday, Octob	per 23, 2	2025						
Item#	Menu Items	Carb	Cal	Pro	Fat	<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
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	1.0	100				
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 14	Banana	15 12	40	0	0	0	0
405	Dester I Dess		_		_			14	Biscuits	12	130	0	0	0	0
195	Pretzel Bun Snack	0	0	0	0	0	0		Snack						
	Snack							80	Milk	12	100	0	0	0	0
145	Juice	0	0	0	0	0	0	60	IVIIIK	12	100	U	U	U	U
143	Juice	1	0	-	0	U	U								
123	Yogurt	12	80	0	0	0	0	102	Pretzels WG	30	100	0	0	0	0
120	Friday, October			Ū			Ů	102	T TCLZCIS W G	00	100		, o	U	U
Item#	Menu Items	Z <del>4</del> , ZUZ	1	1	ı	Γ	ı								
itelli#	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								
00	Califical 110	25	210				Ü								
	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								
122		1-	100	Ť			Ŭ								

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Snack

Milk

Mandarin Oranges

## **REDWOOD**

Snack

0

0

0

0

0

See Next Month's Menu

В

### October Menu 2025

111	<b>31100</b> D									OCI	one	el ivie	enu	202	:0	
							WEE	K 5								
	Monday, October	Tuesday, October 28, 2025														
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb		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	
	0					1			0							
00	Snack	10	100	0	0			00	Snack	12	100	0	0	_	0	
80 5	Milk Apple Slices	12 8	100 30	0	0	0	0	80	Milk	12	100	U	U	0		
5	Apple Silces	0	30	U	U	U	U	57	Goldfish Crackers WG	20	100	0	0	0	0	
								5/	Goldlish Crackers WG	20	100	U	U	U		
Wednesday, October 29, 2025									Thursday, October 30, 2025							
Item#	Menu Items	Carb		Pro	Fat	Fib	Sod	Item#	Menu Items	er 30, 2	.023		ı			
iteiii#	Breakfast	Carb	Cai	FIU	rat	FID	<u>30u</u>	Itemm	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	
	Biodato	, <u>, , , , , , , , , , , , , , , , , , </u>	100	Ů	_	<u> </u>	<u> </u>	- 01	The reaction of the section of the s		100	Ů				
	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	
									· ·							
14	Biscuits	12	130	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, 202	5													
Item#	Menu Items															
	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	ł								
	Lungh							l								
80	Lunch 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	ł								
113	Toss Salad (A) Green Beans (C)	5	25	0	0	0	0	l								
45	Crackers	20	100	0	0	0	0	1								
70	Gradicio	20	100		٠			1								

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