

REDWOOD

March Menu 2026

WEEK 2																
Monday, March 9, 2026								Tuesday, March 10, 2026								
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	6	Applesauce	15	60	0	0	0	0	
21	Cereal WG	15	100	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	
11	BBQ	0	0	0	0	0	0	180	Quiche'	0	0	0	0	0	0	
41	Cole Slaw (A) Green Beans (C)	12	110	0	0	0	0	131	Spring Salad (A) Broccoli(c)	0	0	0	0	0	0	
89	Pears	12	80	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	17	Muffin WG	15	100	0	0	0	0	
97	Potato chips (A)	30	150	0	0	0	0	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	136	Graham Crackers WG	0	0	0	0	0	0	
Wednesday, March 11, 2026								Thursday, March 12, 2026								
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	77	Mandarin Oranges	12	60	0	0	0	0	
52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	187	Yogurt	0	0	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
196	Meatball Hoagie	0	0	0	0	0	0	63	Grilled Chicken	17	60	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	203	Roasted Potatoes	0	0	0	0	0	0	
89	Pears	12	80	0	0	0	0	153	Brussel Sprouts (A) Peas & carrots (C)	0	0	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	59	Juice	16	20	0	0	0	0	
29	Cheese-Its	17	100	0	0	0	0	130	Cheese String	0	0	0	0	0	0	
Friday, March 13, 2026																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
80	Milk	12	100	0	0	0	0									
89	Pears	12	80	0	0	0	0									
120	Bagel	0	0	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									
99	Potato Chips (A)	25	165	0	0	0	0									
121	Bread WG	12	80	0	0	0	0									
Snack																
4	Juice	12	60	0	0	0	0									
102	Pretzels WG	30	100	0	0	0	0									

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WEEK 3																
Monday, March 16, 2026								Tuesday, March 17, 2026								
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	46	Cranraisins	15	50	0	0	0	0	
21	Cereal WG	15	100	0	0	0	0	83	Oatmeal WG	29	210	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
158	Chicken Tender Salad (A) Chicken Nugg	0	0	0	0	0	0	201	Rueben (A) Turkey Sanwich(C)	0	0	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	179	Potato Cakes	0	0	0	0	0	0	
112	Toss Salad (a) Green Beans (c)	5	25	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0	
45	Crackers	20	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	
57	Goldfish Crackers WG	20	100	0	0	0	0	5	Apple Slices	8	30	0	0	0	0	
Wednesday, March 18, 2026								Thursday, March 19, 2026								
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	
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	
98	Pork Tenderloin (A) Chicken Patty (C)	15	100	0	0	0	0	211	Orange Chicken	0	0	0	0	0	0	
151	Sweet Potato Tots	0	0	0	0	0	0	184	Mixed Vegetable	0	0	0	0	0	0	
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	164	Rice	0	0	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	59	Juice	16	20	0	0	0	0	
30	Chex Mix	12	80	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
Friday, March 20, 2026																
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									
51	Eggs Scrambled w/ Cheese	25	100	0	0	0	0									
67	Hashbrown Casserole	25	200	0	0	0	0									
81	Mixed Fruit	15	100	0	0	0	0									
14	Biscuits	12	130	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 4																
Monday, March 23, 2026								Tuesday, March 24, 2026								
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	145	Juice	0	0	0	0	0	0	
17	Muffin WG	15	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	
138	Chicken Patty	0	0	0	0	0	0	2	3 Way Chili and Cheese	0	0	0	0	0	0	
151	Sweet Potato Tots	0	0	0	0	0	0	112	Toss Salad (a) Green Beans (c)	5	25	0	0	0	0	
81	Mixed Fruit	15	100	0	0	0	0	88	Peaches	12	60	0	0	0	0	
122	WG Bun	12	100	0	0	0	0	45	Crackers	20	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, March 25, 2026								Thursday, March 26, 2026								
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	46	Cranraisins	15	50	0	0	0	0	
146	Waffles WG	0	0	0	0	0	0	83	Oatmeal WG	29	210	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	210	Garlic Pamesan Pasta	0	0	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	18	Broccoli	10	80	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0	
12	WG Bun	0	0	0	0	0	0	209	Garlic Bread stick	0	0	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	145	Juice	0	0	0	0	0	0	
57	Goldfish Crackers WG	20	100	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
Friday, March 27, 2026																
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									
141	Pancakes	35	210	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
197	Fish Tacos (a) Sunbutter&Jelly Sand (C	0	0	0	0	0	0									
198	Mexican Street Corn (A) Carotts (C)	0	0	0	0	0	0									
6	Applesauce	15	60	0	0	0	0									
143	Flour Tortilla(A) Bread (C)	0	0	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, March 30, 2026								Tuesday, March 31, 2026								
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	54	Fr. Toast	12	180	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
205	Cracked Chicken Spaghetti	0	0	0	0	0	0	182	Baked Potato W/ cheese	0	0	0	0	0	0	
112	Toss Salad (a) Green Beans (c)	5	25	0	0	0	0	18	Broccoli	10	80	0	0	0	0	
88	Peaches	12	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0	
160	Garlic Bread stick	0	0	0	0	0	0	106	Roll	15	100	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	30	Chex Mix	12	80	0	0	0	0	
Wednesday, April 1, 2026								Thursday, April 2, 2026								
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	
Friday, April 3, 2026																
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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