

REDWOOD

MENU

Month: June

2026

WEEK 1															
Monday, June 1, 2026							Tuesday, June 2, 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
162	Cantalope	0	0	0	0	0	0	46	Cranraisins	15	50	0	0	0	0
16	Muffin wg	30	130	0	0	0	0	49	Cream of Wheat	24	110	0	0	0	0
Lunch							Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
132	Spaghettil/meatball /Cheese	0	0	0	0	0	0	225	Chicken Salad	0	0	0	0	0	0
61	Green Beans	9	40	0	0	0	0	170	tater tots	0	0	0	0	0	0
88	Peaches	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
56	Garlic Bread	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	4	Apple Juice	12	60	0	0	0	0
202	Vanilla Wafer	0	0	0	0	0	0	130	Cheese String	0	0	0	0	0	0
Wednesday, June 3, 2026							Thursday, June 4, 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	89	Pears	12	80	0	0	0	0
119	WafflesWG	15	80	0	0	0	0	21	CerealWG	15	100	0	0	0	0
Lunch							Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
218	Quiche'	0	0	0	0	0	0	140	Hamburger w/cheese	0	0	0	0	0	0
131	Spring Salad (A) smiley faces(C)	0	0	0	0	0	0	223	Baked Beans	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	5	Apple Slices	8	30	0	0	0	0
16	Muffin wg	30	130	0	0	0	0	209	Pasta Salad (A)	0	0	0	0	0	0
121	Bread WG	12	80	0	0	0	0	12	Bun	0	0	0	0	0	0
Snack							Snack								
80	Milk	12	100	0	0	0	0	150	Water	0	0	0	0	0	0
21	CerealWG	15	100	0	0	0	0	45	Crackers	20	100	0	0	0	0
Friday, June 5, 2026							Friday, June 5, 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								
88	Peaches	12	60	0	0	0	0								
155	Bagel WG	0	0	0	0	0	0								
Lunch							Lunch								
80	Milk	12	100	0	0	0	0								
217	Grilled Chicken Salad(A)chic nugget(C)	0	0	0	0	0	0								
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
106	Roll	15	100	0	0	0	0								
Snack							Snack								
80	Milk	12	100	0	0	0	0								
151	Soft Pretzel WG	15	125	0	0	0	0								

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WEEK 2															
Monday, June 8, 2026								Tuesday, June 9, 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
14	Biscuits WG	12	130	0	0	0	0	16	Muffin wg	30	130	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
115	Turkey Cheese Sandwich	5	130	0	0	0	0	96	Pizza WG	35	225	0	0	0	0
167	sweet potato Tots	0	0	0	0	0	0	137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0
93	Pineapple	15	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
121	Bread WG	12	80	0	0	0	0	96	Pizza WG	35	225	0	0	0	0
Snack								Snack							
179	Juice	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
123	Yogurt	12	80	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
Wednesday, June 10, 2026								Thursday, June 11, 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
93	Pineapple	15	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
21	CerealWG	15	100	0	0	0	0	54	Fr. ToasT WG	12	180	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
104	Sloppy Joe	0	0	0	0	0	0	228	Hot Dog (A) Hamburger (C)	0	0	0	0	0	0
220	onion Rings (A) Smiley Faces(c)	0	0	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
89	Pears	12	80	0	0	0	0	6	Applesauce	15	60	0	0	0	0
41	Cole Slaw (A)	12	110	0	0	0	0	121	Bread WG	12	80	0	0	0	0
12	Bun	0	0	0	0	0	0	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	57	Goldfish Crackers WG	20	100	0	0	0	0
Friday, June 12, 2026															
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								
21	CerealWG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
51	Eggs Salad Sand (A) SunButter&Jelly(C)	25	100	0	0	0	0								
118	Vegetable Soup	22	180	0	0	0	0								
10	Banana	15	40	0	0	0	0								
191	Bread WG (C) Toast (A)	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								

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WEEK 3																
Monday, June 15, 2026								Tuesday, June 16, 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	6	Applesauce	15	60	0	0	0	0	
155	Bagel WG	0	0	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	
13	Big Boy Casserole	40	250	0	0	0	0	199	Parmesan Chicken Pasta	19	378	30	21	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	Bun	12	0	0	0	0	0	195	Pasta	0	0	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
202	Vanilla Wafer	0	0	0	0	0	0	151	Soft Pretzel WG	15	125	0	0	0	0	
Wednesday, June 17, 2026								Thursday, June 18, 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	93	Pineapple	15	60	0	0	0	0	
14	Biscuits WG	12	130	0	0	0	0	141	Pancakes WG	35	210	0	0	0	0	
Lunch								Lunch								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
11	BBQ w/bun	0	0	0	0	0	0	53	Fish	17	150	0	0	0	0	
44	Corn Pudding (A)Green Beans(C)	30	150	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	10	Banana	15	40	0	0	0	0	
12	Bun	0	0	0	0	0	0	12	Bun	0	0	0	0	0	0	
Snack								Snack								
80	Milk	12	100	0	0	0	0	59	Grape Juice	16	20	0	0	0	0	
136	Graham Crackers WG	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0	
Friday, June 19, 2026																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
182	HOLIDAY/ NO SCHOOL	0	0	0	0	0	0									
Lunch																
182	HOLIDAY/ NO SCHOOL	0	0	0	0	0	0									
Snack																
182	HOLIDAY/ NO SCHOOL	0	0	0	0	0	0									

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WEEK 4																
Monday, June 22, 2026								Tuesday, June 23, 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	
179	Juice	0	0	0	0	0	0	89	Pears	12	80	0	0	0	0	
155	Bagel WG	0	0	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	
92	Philly Steak or chicken/Cheese (A) Chee	36	230	0	0	0	0	115	Turkey Cheese Sandwich	5	130	0	0	0	0	
55	French Fries/Catsup	22	110	0	0	0	0	100	Potato Salad(A) Mashed Potatoes (C)	25	150	0	0	0	0	
89	Pears	12	80	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
45	Crackers	20	100	0	0	0	0	121	Bread WG	12	80	0	0	0	0	
Snack								Snack								
150	Water	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
45	Crackers	20	100	0	0	0	0									
152	Cheese	0	0	0	0	0	0	151	Soft Pretzel WG	15	125	0	0	0	0	
Wednesday, June 24, 2026								Thursday, June 25, 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	88	Peaches	12	60	0	0	0	0	
16	Muffin wg	30	130	0	0	0	0	204	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	
91	Tatertot Casserole	35	450	0	0	0	0	129	Open-faced Turkey	0	0	0	0	0	0	
42	Corn (A) Carrots (c)	15	80	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0	
89	Pears	12	80	0	0	0	0	61	Green Beans	9	40	0	0	0	0	
45	Crackers	20	100	0	0	0	0	12	Bun	0	0	0	0	0	0	
Snack								Snack								
150	Water	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0	
29	Cheese-Its WG	17	100	0	0	0	0	5	Apple Slices	8	30	0	0	0	0	
Friday, June 26, 2026																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
Breakfast																
80	Milk	12	100	0	0	0	0									
4	Apple Juice	12	60	0	0	0	0									
119	WafflesWG	15	80	0	0	0	0									
Lunch																
80	Milk	12	100	0	0	0	0									
190	Chicken Tender SaladChic nuggets(C)	0	0	0	0	0	0									
112	Toss Salad (A) Peas&carrots(C)	5	25	0	0	0	0									
10	Banana	15	40	0	0	0	0									
106	Roll	15	100	0	0	0	0									
Snack																
80	Milk	12	100	0	0	0	0									
25	COLD Cereal WG	29	210	0	0	0	0									

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Month: June

2026

WEEK 5															
Monday, June 29, 2026								Tuesday, June 30, 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	77	Mandarin Oranges	12	60	0	0	0	0
25	COLD Cereal WG	29	210	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
84	Swedish Meatballs over Rice	0	0	0	0	0	0	116	Turkey sausage	15	60	0	0	0	0
42	Corn (A) Carrots (c)	15	80	0	0	0	0	66	Hashbrowns	22	150	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
105	Rice	22	210	0	0	0	0	219	Fr. Toast Cass(A) FR.ToastStickWG (C	0	0	0	0	0	0
106	Roll	15	100	0	0	0	0	Snack							
Snack								Snack							
80	Milk	12	100	0	0	0	0	150	Water	0	0	0	0	0	0
								130	Cheese String	0	0	0	0	0	0
151	Soft Pretzel WG	15	125	0	0	0	0								
Wednesday, July 1, 2026								Thursday, July 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
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, July 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															
Snack															
B	See Next Month's Menu	0	0	0	0	0	0								

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