

REDWOOD

August Menu 2026

WEEK 1															
Monday, August 3, 2026								Tuesday, August 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
77	Mandarin Oranges	12	60	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
147	Ham Salad Sandwich(A) SUN&Jelly SA	0	0	0	0	0	0	92	Philly Steak or Chicken &ch (A) Hambu	16	230	0	0	0	0
100	Potato Salad (A) sweet potato tots (C)	25	150	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
6	Applesauce	15	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
121	Bread WG	12	80	0	0	0	0	122	WG Bun	12	100	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	57	Goldfish Crackers WG	20	100	0	0	0	0
cereal															
Wednesday, August 5, 2026								Thursday, August 6, 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
145	Juice	0	0	0	0	0	0	46	Cranraisins	15	50	0	0	0	0
14	Biscuits	12	130	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
195	Sausage, Egg and Cheese Biscuit	0	0	0	0	0	0	182	Baked Potato W/ cheese	0	0	0	0	0	0
67	Hashbrown Casserole	25	200	0	0	0	0	18	Broccoli	10	80	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0
121	Bread WG	12	80	0	0	0	0	106	Roll	15	100	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	119	Water	0	0	0	0	0	0
30	Chex Mix	12	80	0	0	0	0	45	Crackers	20	100	0	0	0	0
								28	Cheese	4	180	0	0	0	0
Friday, August 7, 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								
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
27	Pizza WG	17	230	0	0	0	0								
42	Corn (A) Peas (C)	15	80	0	0	0	0								
10	Banana	15	40	0	0	0	0								
50	Crust WG	45	200	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								

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WEEK 2															
Monday, August 10, 2026								Tuesday, August 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
89	Pears	12	80	0	0	0	0	4	Juice	12	60	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
63	Grilled Chicken Sandwich	17	60	0	0	0	0	184	Meatball Hoagy	0	0	0	0	0	0
20	Broccoli Casserole	40	150	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
122	WG Bun	12	100	0	0	0	0	122	WG Bun	12	100	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
102	Pretzels WG	30	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, August 12, 2026								Thursday, August 13, 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	89	Pears	12	80	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
154	Pork Tenderloin(A) Chicken Patty (C)	0	0	0	0	0	0	37	Chicken Tenders (a) Chicken Nugget (c	25	240	0	0	0	0
79	Mashed Potato	34	160	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
61	Green Beans	10	80	0	0	0	0	10	Banana	15	40	0	0	0	0
106	Roll	15	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
117	Vanilla Wafers	17	120	0	0	0	0	130	Cheese String	0	0	0	0	0	0
Friday, August 14, 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								
120	Bagel	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
178	Rueben (A) Turkey Sanwich(C)	0	0	0	0	0	0								
88	Peaches	12	60	0	0	0	0								
202	Potato Pancakes	0	0	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
Snack															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								

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WEEK 3															
Monday, August 17, 2026								Tuesday, August 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
88	Peaches	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0
21	Cereal WG	15	100	0	0	0	0	14	Biscuits	12	130	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	149	Taco Salad (A) Tacos (C)	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
41	Cole Slaw (A) pears (C)	12	110	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
12	Wheat Bun	0	0	0	0	0	0	17	Muffin WG	15	100	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	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, August 19, 2026								Thursday, August 20, 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	89	Pears	12	80	0	0	0	0
96	Pancakes WG	35	225	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
53	Fish	17	150	0	0	0	0	126	Grilled Cheese	0	0	0	0	0	0
75	Lima Beans	15	100	0	0	0	0	125	Tomato Soup	0	0	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
76	Mac & Cheese	17	115	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
30	Chex Mix	12	80	0	0	0	0	5	Apple Slices	8	30	0	0	0	0
Friday, August 21, 2026															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
168	Cinnamon Roll	0	0	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
128	Chef Salad (A) / Turkey Sandwich (C)	0	0	0	0	0	0								
137	Salad/Dressing (A) Peas (C)	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
45	Crackers	20	100	0	0	0	0								
Snack															
59	Juice	16	20	0	0	0	0								
123	Yogurt	12	80	0	0	0	0								

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WEEK 4															
Monday, August 24, 2026								Tuesday, August 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
88	Peaches	12	60	0	0	0	0	145	Juice	0	0	0	0	0	0
146	Waffles WG	0	0	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
115	Turkey Cheese/Wheat	12	230	0	0	0	0	140	Cheeseburger	0	0	0	0	0	0
194	Tater Tots	0	0	0	0	0	0	100	Potato Salad (A) sweet potato tots (C)	25	150	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
121	Bread WG	12	80	0	0	0	0	122	WG Bun	12	100	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
Wednesday, August 26, 2026								Thursday, August 27, 2026							
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
93	Pineapple	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0
123	Yogurt	12	80	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
107	Sausage	20	210	0	0	0	0	11	BBQ	0	0	0	0	0	0
66	Hashbrown	22	150	0	0	0	0	40	Cole Slaw (A) Peas (C)	12	110	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0	121	Bread WG	12	80	0	0	0	0
Snack								99	Potato Chips (A)	25	165	0	0	0	0
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								
								102	Pretzels WG	30	100	0	0	0	0
Friday, August 28, 2026															
Item#	Menu Items														
Breakfast															
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
36	Chicken Tender Salad (A) Chicken nuggets	25	100	0	0	0	0								
113	Toss Salad (A) /Smile faces (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								
30	Chex Mix	12	80	0	0	0	0								

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WEEK 5															
Monday, August 31, 2026								Tuesday, September 1, 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								
89	Pears	12	80	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
120	Bagel	0	0	0	0	0	0								
Lunch								Lunch							
80	Milk	12	100	0	0	0	0								
58	Chicken Salad	0	0	0	0	0	0								
101	Potato Wedges	25	100	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0								
121	Bread WG	12	80	0	0	0	0								
Snack								Snack							
4	Juice	12	60	0	0	0	0	B	See Next Month's Menu	0	0	0	0	0	0
123	Yogurt	12	80	0	0	0	0								
Wednesday, September 2, 2026								Thursday, September 3, 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, September 4, 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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