

EASTERSEALS REDWOOD

September Menu 2026

WEEK 1															
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
A	See Last Month's Menu	0	0	0	0	0	0	10	Banana	15	40	0	0	0	0
								21	Cereal WG	15	100	0	0	0	0
	Lunch								Lunch						
								80	Milk	12	100	0	0	0	0
A	See Last Month's Menu	0	0	0	0	0	0	161	Cheese Coney (A) Hamburger (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
								12	Wheat Bun	0	0	0	0	0	0
	Snack								Snack						
								80	Milk	12	100	0	0	0	0
A	See Last Month's Menu	0	0	0	0	0	0								
								57	Goldfish Crackers WG	20	100	0	0	0	0
Wednesday, September 2, 2026								Thursday, September 3, 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
88	Peaches	12	60	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
96	Pancakes WG	35	225	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
138	Chicken Patty	0	0	0	0	0	0	183	Corndog(A) Turkey Sandwich(C)	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	93	Pineapple	15	60	0	0	0	0
12	Wheat Bun	0	0	0	0	0	0	106	Roll	15	100	0	0	0	0
	Snack								Snack						
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0	59	Juice	16	20	0	0	0	0
								130	Cheese String	0	0	0	0	0	0
Friday, September 4, 2026															
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
17	Muffin WG	15	100	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								
112	Toss Salad (A)) Broccoli(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								
102	Pretzels WG	30	100	0	0	0	0								

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WEEK 2															
Monday, September 7, 2026								Tuesday, September 8, 2026							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
Breakfast								Breakfast							
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
								77	Mandarin Oranges	12	60	0	0	0	0
								14	Biscuits	12	130	0	0	0	0
Lunch								Lunch							
								80	Milk	12	100	0	0	0	0
								63	Grilled Chicken	17	60	0	0	0	0
								48	Cream of Potato Soup	30	150	0	0	0	0
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	88	Peaches	12	60	0	0	0	0
								122	WG Bun	12	100	0	0	0	0
Snack								Snack							
								80	Milk	12	100	0	0	0	0
144	HOLIDAY SCHOOL CLOSED	0	0	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, September 9, 2026								Thursday, September 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
59	Juice	16	20	0	0	0	0	88	Peaches	12	60	0	0	0	0
52	English Muffin Marg/Butter/Jellywg	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
124	Tuna Salad	0	0	0	0	0	0	163	General Tso Chicken	0	0	0	0	0	0
184	Tater Tots	0	0	0	0	0	0	176	Mixed Vegetable	0	0	0	0	0	0
89	Pears	12	80	0	0	0	0	93	Pineapple	15	60	0	0	0	0
121	Bread	12	80	0	0	0	0	164	Rice	0	0	0	0	0	0
Snack								Snack							
80	Milk	12	100	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0	59	Juice	16	20	0	0	0	0
								130	Cheese String	0	0	0	0	0	0
Friday, September 11, 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								
128	Chef Salad (A) / Turkey Sandwich (C)	0	0	0	0	0	0								
113	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								
Snack															
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								

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WEEK 3															
Monday, September 14, 2026								Tuesday, September 15, 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
6	Applesauce	15	60	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
139	Sloppy Joe	0	0	0	0	0	0	31	Chicken Chili	25	100	0	0	0	0
41	Cole Slaw (A) Peas& Carrots (C)	12	110	0	0	0	0	70	Home Fries	25	150	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	43	Corn Bread	12	120	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	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, September 16, 2026								Thursday, September 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
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	0	0	0	0
14	Biscuits	12	130	0	0	0	0	52	English Muffin Marg/Butter/Jellywg	12	100	0	0	0	0
Lunch								Lunch							
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
2	3 Way Spaghetti	0	0	0	0	0	0	36	Chicken Salad	25	100	0	0	0	0
89	Pears	12	80	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0
113	Toss Salad (A) Green Beans (C)	5	25	0	0	0	0	10	Banana	15	40	0	0	0	0
45	Crackers	20	100	0	0	0	0	157	Crossiant	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, September 18, 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								
17	Muffin WG	15	100	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
27	Cheese Pizza	17	230	0	0	0	0								
55	French Fries/Catsup	22	110	0	0	0	0								
81	Mixed Fruit	15	100	0	0	0	0								
50	Crust WG	45	200	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, September 21, 2026								Tuesday, September 22, 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
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
175	Nachos (A) Tacos (C)	0	0	0	0	0	0	138	Chicken Patty	0	0	0	0	0	0
39	Cinnamon Apples	17	120	0	0	0	0	18	Broccoli	10	80	0	0	0	0
74	Lettuce/Tomato/Sour cream	22	65	0	0	0	0	89	Pears	12	80	0	0	0	0
166	Refried Beans (A) Peas & Carrot (C)	0	0	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0
143	Flour Tortilla (C) Tortilla Chips (A)	0	0	0	0	0	0	Snack							
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, September 23, 2026								Thursday, September 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
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	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
126	Grilled Cheese	0	0	0	0	0	0	115	Turkey Cheese/Wheat	12	230	0	0	0	0
125	Tomato Soup	0	0	0	0	0	0	101	Potato Wedges	25	100	0	0	0	0
5	Apple Slices	8	30	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
121	Bread	12	80	0	0	0	0	121	Bread	12	80	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, September 25, 2026															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
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								
Lunch															
80	Milk	12	100	0	0	0	0								
162	Grilled Chicken Salad (A) Grilled Nugget	0	0	0	0	0	0								
112	Toss Salad (A) Broccoli(C)	5	25	0	0	0	0								
89	Pears	12	80	0	0	0	0								
160	Garlic Bread stick	0	0	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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September Menu 2026

WEEK 5															
Monday, September 28, 2026								Tuesday, September 29, 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	88	Peaches	12	60	0	0	0	0
52	English Muffin Marg/Butter/Jellywg	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
37	Chicken Tenders (a) Chicken Nugget (c)	25	240	0	0	0	0	140	Cheeseburger	0	0	0	0	0	0
55	French Fries/Catsup	22	110	0	0	0	0	81	Mixed Fruit	15	100	0	0	0	0
93	Pineapple	15	60	0	0	0	0	177	Cole Slaw (A) Carrots (A)	0	0	0	0	0	0
106	Roll	15	100	0	0	0	0	Snack							
Snack								122	WG Bun	12	100	0	0	0	0
80	Milk	12	100	0	0	0	0	Snack							
5	Apple Slices	8	30	0	0	0	0	80	Milk	12	100	0	0	0	0
Wednesday, September 30, 2026								Thursday, October 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								
77	Mandarin Oranges	12	60	0	0	0	0								
14	Biscuits	12	130	0	0	0	0								
Lunch								Lunch							
80	Milk	12	100	0	0	0	0								
132	Spaghetti/Meatball/Cheese	0	0	0	0	0	0								
61	Green Beans	10	80	0	0	0	0								
89	Pears	12	80	0	0	0	0								
56	Garlic Bread	12	100	0	0	0	0								
Snack								Snack							
81	Mixed Fruit	15	100	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
Friday, October 2, 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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