

REDWOOD

October Menu 2026

WEEK 1															
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						
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
	Lunch								Lunch						
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
	Snack								Snack						
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0
Wednesday, September 30, 2026								Thursday, October 1, 2026							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items						
	Breakfast								Breakfast						
								80	Milk	12	100	0	0	0	0
A	See Last Month's Menu	0	0	0	0	0	0	46	Cranraisins	15	50	0	0	0	0
								83	Oatmeal WG	29	210	0	0	0	0
	Lunch								Lunch						
								80	Milk	12	100	0	0	0	0
								195	Sausage, Egg and Cheese Biscuit	0	0	0	0	0	0
A	See Last Month's Menu	0	0	0	0	0	0	194	Tater Tots	0	0	0	0	0	0
								77	Mandarin Oranges	12	60	0	0	0	0
								121	Bread WG	12	80	0	0	0	0
	Snack								Snack						
								119	Water	0	0	0	0	0	0
A	See Last Month's Menu	0	0	0	0	0	0								
								45	Crackers	20	100	0	0	0	0
								28	Cheese	4	180	0	0	0	0
Friday, October 2, 2026															
Item#	Menu Items														
	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								
201	PizzaWG	0	0	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, October 5, 2026								Tuesday, October 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
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	147	Ham Salad Sandwich(A) SUN&Jelly SA	0	0	0	0	0	0
131	Spring Salad (A)Peas (C)	0	0	0	0	0	0	100	Potato Salad (A) Smiley faces ©	25	150	0	0	0	0
77	Mandarin Oranges	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
122	WG Bun	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	80	Milk	12	100	0	0	0	0
57	Goldfish Crackers WG	20	100	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
Wednesday, October 7, 2026								Thursday, October 8, 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	88	Peaches	12	60	0	0	0	0
14	Biscuits	12	130	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
98	Pork Tenderloin (A) Chicken Patty (C)	15	100	0	0	0	0	140	Cheeseburger	0	0	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	89	Pears	12	80	0	0	0	0
106	Roll	15	100	0	0	0	0	122	WG Bun	12	100	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	130	Cheese String	0	0	0	0	0	0
Friday, October 9, 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								
96	Pancakes WG	35	225	0	0	0	0								
Lunch															
80	Milk	12	100	0	0	0	0								
174	Trio Salad(A) Chicken nuggets (C)	0	0	0	0	0	0								
5	Apple Slices	8	30	0	0	0	0								
199	Tomato and Cucumber Salad (A)Green	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, October 12, 2026								Tuesday, October 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
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	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
171	Hot Dog, Mett, Bratt,(A) Hamburger(C)	0	0	0	0	0	0	103	Pulled Beef Sandwich	30	100	0	0	0	0
173	Baked Beans	0	0	0	0	0	0	79	Mashed Potato	34	160	0	0	0	0
200	Coleslaw (A) Applesauce (C)	0	0	0	0	0	0	61	Green Beans	10	80	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
57	Goldfish Crackers WG	20	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Wednesday, October 14, 2026								Thursday, October 15, 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
89	Pears	12	80	0	0	0	0	77	Mandarin Oranges	12	60	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
37	Chicken Tenders (a) Chicken Nugget (c	25	240	0	0	0	0	115	Turkey Cheese/Wheat	12	230	0	0	0	0
18	Broccoli	10	80	0	0	0	0	100	Potato Salad (A) Smiley faces ©	25	150	0	0	0	0
88	Peaches	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
								5	Apple Slices	8	30	0	0	0	0
30	Chex Mix	12	80	0	0	0	0								
Friday, October 16, 2026															
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
10	Banana	15	40	0	0	0	0								
14	Biscuits	12	130	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
159	Grilled Chicken Caesar Salad (A) Chick	0	0	0	0	0	0								
133	Caesar Salad (A) Green Beans(C)	0	0	0	0	0	0								
10	Banana	15	40	0	0	0	0								
106	Roll	15	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, October 19, 2026								Tuesday, October 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
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
33	Chicken Patty	25	240	0	0	0	0	13	Big Boy Casserole	40	250	0	0	0	0
61	Green Beans	10	80	0	0	0	0	55	French Fries/Catsup	22	110	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, October 21, 2026								Thursday, October 22, 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
195	Sausage, Egg and Cheese Biscuit	0	0	0	0	0	0	11	BBQ	0	0	0	0	0	0
66	Hashbrown	22	150	0	0	0	0	41	Cole Slaw (A) Carrots (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
14	Biscuits	12	130	0	0	0	0	121	Bread WG	12	80	0	0	0	0
								97	Potato chips (A)	30	150	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								
								102	Pretzels WG	30	100	0	0	0	0
Friday, October 23, 2026															
Item#	Menu Items														
	Breakfast														
80	Milk	12	100	0	0	0	0								
6	Applesauce	15	60	0	0	0	0								
14	Biscuits	12	130	0	0	0	0								
	Lunch														
80	Milk	12	100	0	0	0	0								
158	Chic TenderSalad (A) Chicken Nugget V	0	0	0	0	0	0								
137	Salad/Dressing (A) Peas (C)	0	0	0	0	0	0								
89	Pears	12	80	0	0	0	0								
45	Crackers	20	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, October 26, 2026								Tuesday, October 27, 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
120	Bagel	0	0	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
124	Tuna Salad	0	0	0	0	0	0	148	Ham sandwich(A) SunButter&jelly (C)	0	0	0	0	0	0
101	Potato Wedges	25	100	0	0	0	0	118	Vegetable Soup(A) Peas&Carrots(C)	22	180	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	93	Pineapple	15	60	0	0	0	0
121	Bread WG	12	80	0	0	0	0	121	Bread WG	12	80	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, October 28, 2026								Thursday, October 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
77	Mandarin Oranges	12	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
17	Muffin WG	15	100	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
150	Grilled Ham & Swiss	0	0	0	0	0	0	35	Chicken Rice Casserole	25	235	0	0	0	0
151	Sweet Potato Tots	0	0	0	0	0	0	18	Broccoli	10	80	0	0	0	0
89	Pears	12	80	0	0	0	0	88	Peaches	12	60	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	81	Mixed Fruit	15	100	0	0	0	0
81	Mixed Fruit	15	100	0	0	0	0	136	Graham Crackers WG	0	0	0	0	0	0
Friday, October 30, 2026															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
Breakfast															
80	Milk	12	100	0	0	0	0								
46	Cranraisins	15	50	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 Nugge	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								
106	Roll	15	100	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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