

# REDWOOD

# MARCH MENU 2023

WEEK 1																
Monday, February 27, 2023								Tuesday, February 28, 2023								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<b>Breakfast</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
A	See Last Month's Menu	0	0	0	0	0	0	A	See Last Month's Menu	0	0	0	0	0	0	
<b>Wednesday, March 1, 2023</b>								<b>Thursday, March 2, 2023</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<b>Breakfast</b>								
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	
54	Fr. Toast/Syrup-Wheat(A)	12	180	0	0	0	0	21	Cereal WG	15	100	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
35	Chicken Rice Casserole	25	235	0	0	0	0	196	Enchilada Casserole	0	0	0	0	0	0	
18	Broccoli	10	80	0	0	0	0	42	Corn (A) Peas (C )	15	80	0	0	0	0	
93	Pineapple	15	60	0	0	0	0	39	Cinnamon Apples	17	120	0	0	0	0	
106	Roll	15	100	0	0	0	0	197	Corn Tortilla	0	0	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
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	10	Banana	27	105	0	0	0	0	
<b>Friday, March 3, 2023</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
77	Mandarin Oranges	12	60	0	0	0	0									
146	Waffles WG	0	0	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
53	Fish	17	150	0	0	0	0									
55	French Fries/Catsup	22	110	0	0	0	0									
88	Peaches	12	60	0	0	0	0									
122	Bun	12	100	0	0	0	0									
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									
130	Cheese String	0	0	0	0	0	0									

Milk  
Fruit/Veg./Juice  
Grains  
Grains

Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains

Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

Milk  
Fruit/Veg./Juice  
Grains  
Grains

Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains

Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

Milk  
Fruit/Veg./Juice  
Grains  
Grains

Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains

Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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# MARCH MENU 2023

WEEK 2																	
Monday, March 6, 2023							Tuesday, March 7, 2023										
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod		
<b>Breakfast</b>							<b>Breakfast</b>										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
10	Banana	27	105	0	0	0	0	4	Apple Juice	12	60	0	0	0	0	Fruit/Veg./Juice	
21	Cereal WG	15	100	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0	Grains	
<b>Lunch</b>							<b>Lunch</b>										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
162	Chicken & Waffles	0	0	0	0	0	0	182	Cheese Coney (A ) Hamburger w/Chee	0	0	0	0	0	0	Meat/Meat Alternate	
66	Hashbrown	22	150	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0	Fruit/Veg.	
81	Mixed Fruit	15	100	0	0	0	0	89	Pears	12	80	0	0	0	0	Fruit/Veg.	
146	Waffles WG	0	0	0	0	0	0								Grains		
<b>Snack</b>							<b>Snack</b>										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
6	Applesauce	15	60	0	0	0	0	117	Vanilla Wafers	17	120	0	0	0	0	Fruit/Veg./Juice	
																Grains	
																Meat/Meat Alternate	
<b>Wednesday, March 8, 2023</b>							<b>Thursday, March 9, 2023</b>										
<b>Breakfast</b>							<b>Breakfast</b>										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
88	Peaches	12	60	0	0	0	0	46	Cranraisins	15	50	0	0	0	0	Fruit/Veg./Juice	
165	Cinnamon Roll	0	0	0	0	0	0	49	Cream of Wheat	24	110	0	0	0	0	Grains	
<b>Lunch</b>							<b>Lunch</b>										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
63	Grilled Chicken	17	60	0	0	0	0	11	BBQ	0	0	0	0	0	0	Meat/Meat Alternate	
9	Brussel Sprouts (A ) Peas & carrots (C )	0	0	0	0	0	0	41	Cole Slaw (A) Peas (C )	12	110	0	0	0	0	Fruit/Veg.	
188	Red Potatoes (A) Mashed Potatoes (C )	0	0	0	0	0	0	88	Peaches	12	60	0	0	0	0	Fruit/Veg.	
106	Roll	15	100	0	0	0	0	183	Potato chips (A )	0	0	0	0	0	0	Grains	
<b>Snack</b>							<b>Snack</b>										
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	Milk	
																Fruit/Veg./Juice	
123	Yogurt	12	80	0	0	0	0	57	Goldfish Crackers WG	20	100	0	0	0	0	Grains	
																Meat/Meat Alternate	
<b>Friday, March 10, 2023</b>																	
<b>Breakfast</b>																	
80	Milk	12	100	0	0	0	0									Milk	
89	Pears	12	80	0	0	0	0									Fruit/Veg./Juice	
120	Bagel	0	0	0	0	0	0									Grains	
<b>Lunch</b>																	
80	Milk	12	100	0	0	0	0									Milk	
124	Tuna Salad	0	0	0	0	0	0									Meat/Meat Alternate	
173	Smiley Faces (A&C) Potato Chips (STA	0	0	0	0	0	0									Fruit/Veg.	
10	Banana	27	105	0	0	0	0									Fruit/Veg.	
121	Bread WG	12	80	0	0	0	0									Grains	
<b>Snack</b>																	
80	Milk	12	100	0	0	0	0									Milk	
																Fruit/Veg./Juice	
136	Graham Crackers WG	0	0	0	0	0	0									Grains	
																Meat/Meat Alternate	

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WEEK 3																
Monday, March 13, 2023								Tuesday, March 14, 2023								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<b>Breakfast</b>								
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	
16	Muffin WG	30	130	0	0	0	0	14	Biscuits	12	130	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
189	Mongolian Beef	27	444	23	0	0	0	33	Chicken Patty WG	25	240	0	0	0	0	
178	Stir fry Vegetable	0	0	0	0	0	0	61	Green Beans	10	80	0	0	0	0	
77	Mandarin Oranges	12	60	0	0	0	0	93	Pineapple	15	60	0	0	0	0	
179	Rice	0	0	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0									
57	Goldfish Crackers WG	20	100	0	0	0	0	84	Juice	15	60	0	0	0	0	
								102	Pretzels (Soft) WG	30	100	0	0	0	0	
<b>Wednesday, March 15, 2023</b>								<b>Thursday, March 16, 2023</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	
<b>Breakfast</b>								<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
84	Juice	15	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0	
165	Cinnamon Roll	0	0	0	0	0	0	146	Waffles WG	0	0	0	0	0	0	
<b>Lunch</b>								<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
180	Beef Nachos (A) Taco (C)	0	0	0	0	0	0	36	Chicken Salad (A) Chicken Nugget(C)	25	100	0	0	0	0	
97	Refried Beans (A) Carrots (C)	30	150	0	0	0	0	173	Smiley Faces (A&C) Potato Chips (STA)	0	0	0	0	0	0	
39	Cinnamon Apples	17	120	0	0	0	0	88	Peaches	12	60	0	0	0	0	
191	Queso & Chips (A) Tortilla (C)	0	0	0	0	0	0	73	Lett/Tom/Pickles(A)	5	45	0	0	0	0	
74	Lettuce/Tomato/Sour cream (A)	22	65	0	0	0	0	95	Pretzel Bun	15	50	0	0	0	0	
<b>Snack</b>								<b>Snack</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0	
136	Graham Crackers WG	0	0	0	0	0	0									
								123	Yogurt	12	80	0	0	0	0	
<b>Friday, March 17, 2023</b>																
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod									
<b>Breakfast</b>																
80	Milk	12	100	0	0	0	0									
10	Banana	27	105	0	0	0	0									
21	Cereal WG	15	100	0	0	0	0									
<b>Lunch</b>																
80	Milk	12	100	0	0	0	0									
27	Cheese Pizza	17	230	0	0	0	0									
137	Salad/Dressing (A) Broccoli (C)	0	0	0	0	0	0									
89	Pears	12	80	0	0	0	0									
96	Pizza Crust	17	230	0	0	0	0									
<b>Snack</b>																
80	Milk	12	100	0	0	0	0									
21	Cereal WG	15	100	0	0	0	0									

Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains  
Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate  
Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains  
Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate  
Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains  
Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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# MARCH MENU 2023

WEEK 4															
Monday, March 20, 2023							Tuesday, March 21, 2023								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
6	Applesauce	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0
166	BagelWG	0	0	0	0	0	0	52	English Muffin Marg/Butter/Jelly	12	100	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
167	Cracked Chicken Spaghetti	0	0	0	0	0	0	139	Sloppy Joe	0	0	0	0	0	0
18	Broccoli	10	80	0	0	0	0	186	Tater tots	0	0	0	0	0	0
89	Pears	12	80	0	0	0	0	5	Apple Slices	8	30	0	0	0	0
56	Garlic Bread	12	100	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
59	Grape Juice	16	20	0	0	0	0	80	Milk	12	100	0	0	0	0
130	Cheese String	0	0	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0
<b>Wednesday, March 22, 2023</b>							<b>Thursday, March 23, 2023</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
84	Juice	15	60	0	0	0	0	6	Applesauce	15	60	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	146	Waffles WG	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
198	Turkey Hot Brown Casserole	0	0	0	0	0	0	193	Italian Sub Sand (A) Chicken Nuggets (	0	0	0	0	0	0
61	Green Beans	10	80	0	0	0	0	55	French Fries/Catsup	22	110	0	0	0	0
88	Peaches	12	60	0	0	0	0	89	Pears	12	80	0	0	0	0
121	Bread WG	12	80	0	0	0	0	12	Wheat Bun	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
80	Milk	12	100	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
<b>Friday, March 24, 2023</b>															
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
21	Cereal WG	15	100	0	0	0	0								
10	Banana	27	105	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
26	Fish Tacos (A) Fish Sticks (C )	0	0	0	0	0	0								
190	Black Beans	0	0	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
179	Rice	0	0	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
136	Graham Crackers WG	0	0	0	0	0	0								

Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains  
Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate  
Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains  
Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate  
Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains  
Milk  
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Meat/Meat Alternate

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# REDWOOD

# MARCH MENU 2023

WEEK 5															
Monday, March 27, 2023							Tuesday, March 28, 2023								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
4	Apple Juice	12	60	0	0	0	0	88	Peaches	12	60	0	0	0	0
166	BagelWG	0	0	0	0	0	0	169	Cinnamon Roll	0	0	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
1	Chili and Cheese for 3 Way	0	0	0	0	0	0	177	General Tso Chicken (A ) Chicken Nugs	0	0	0	0	0	0
137	Salad/Dressing (A) Broccoli (C )	0	0	0	0	0	0	178	Stir fry Vegetable	0	0	0	0	0	0
93	Pineapple	15	60	0	0	0	0	77	Mandarin Oranges	12	60	0	0	0	0
45	Crackers	20	100	0	0	0	0	179	Rice	0	0	0	0	0	0
2	3 Way Spaghetti	0	0	0	0	0	0	<b>Snack</b>							
<b>Snack</b>							<b>Snack</b>								
84	Juice	15	60	0	0	0	0	59	Grape Juice	16	20	0	0	0	0
130	Cheese String	0	0	0	0	0	0	123	Yogurt	12	80	0	0	0	0
<b>Wednesday, March 29, 2023</b>							<b>Thursday, March 30, 2023</b>								
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod	Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod
<b>Breakfast</b>							<b>Breakfast</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
84	Juice	15	60	0	0	0	0	89	Pears	12	80	0	0	0	0
16	Muffin WG	30	130	0	0	0	0	141	Pancakes	35	210	0	0	0	0
<b>Lunch</b>							<b>Lunch</b>								
80	Milk	12	100	0	0	0	0	80	Milk	12	100	0	0	0	0
129	Open-faced Roast Beef	0	0	0	0	0	0	199	Chicken Tender Salad (A ) Chicken Nugs	0	0	0	0	0	0
79	Mashed Potato	34	160	0	0	0	0	174	Salad Dressing (A ) Broccoli(C )	0	0	0	0	0	0
88	Peaches	12	60	0	0	0	0	10	Banana	27	105	0	0	0	0
121	Bread WG	12	80	0	0	0	0	200	Croutons (A ) Roll (C )	0	0	0	0	0	0
<b>Snack</b>							<b>Snack</b>								
119	Water	0	0	0	0	0	0	80	Milk	12	100	0	0	0	0
45	Crackers	20	100	0	0	0	0	102	Pretzels (Soft) WG	30	100	0	0	0	0
28	Cheese	4	180	0	0	0	0	<b>Friday, March 31, 2023</b>							
Item#	Menu Items	Carb	Cal	Pro	Fat	Fib	Sod								
<b>Breakfast</b>															
80	Milk	12	100	0	0	0	0								
192	Pancakes	0	0	0	0	0	0								
93	Pineapple	15	60	0	0	0	0								
<b>Lunch</b>															
80	Milk	12	100	0	0	0	0								
195	Baked Potato w/cheese & sour cream	38	161	0	0	0	0								
18	Broccoli	10	80	0	0	0	0								
77	Mandarin Oranges	12	60	0	0	0	0								
106	Roll	15	100	0	0	0	0								
<b>Snack</b>															
80	Milk	12	100	0	0	0	0								
5	Apple Slices	8	30	0	0	0	0								

Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains  
Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate  
Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains  
Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate  
Milk  
Fruit/Veg./Juice  
Grains  
Grains  
Milk  
Meat/Meat Alternate  
Fruit/Veg.  
Fruit/Veg.  
Grains  
Grains  
Milk  
Fruit/Veg./Juice  
Grains  
Meat/Meat Alternate

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