

# MENUS FOR OCTOBER 2026



## Redford Union School District—Elementary

This institution is an equal opportunity provider. Menus are subject to change.

**Thursday, October 1**

### Breakfast

WG Benefit Bar  
Fresh Pear  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Little Caesars Pizza  
Romaine Salad  
Fresh Vegetables  
Sliced Pears  
Michigan Milk

**Friday, October 2**

### Breakfast

WG Apple Roll  
Orange  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Fettuccini Alfredo  
w/Garlic Toast  
Green Beans  
Red Peppers  
Peach Slices  
Michigan Milk

## Redford Union School District

We are excited to have our students back to school and eating FREE nutritious meals again this school year.

Please feel free to reach out to our department with any questions.....

313.242.6000

Joy = Hartmanj@redfordu.k12.mi.us

Please feel free to visit our website for more information and links to online forms and menu's  
<https://www.redfordu.k12.mi.us/district/food-service/>

**Monday, October 5**

### Breakfast

WG Cinnamon Roll  
Fresh Apple  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Pop Corn Chicken  
Tator Tots  
Celery Sticks  
Fruit Cup  
Michigan Milk

**Tuesday, October 6**

### Breakfast

WG Benefit Bar  
Fresh Pear  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Walking Taco  
Refried Beans  
Shred Lettuce/Diced Tomatoes  
Shredded Cheese/Seet Corn  
Orange Wedges  
Michigan Milk

**Wednesday, October 7**

### Breakfast

WG Breakfast Bread  
Apple Slices  
100% Fruit Juice  
Michigan milk

### Lunch

WG Bosco Sticks  
w/Marinara Sauce  
Green Peppers  
Cooked Carrots  
Fresh Apple  
Michigan Milk

**Thursday, October 8**

### Breakfast

WG Pumpkin Roll  
Fresh Banana  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Little Caesars Pizza  
Romaine Salad  
Fresh Vegetables  
Sliced Pears  
Michigan Milk

**Friday, October 9**

### Breakfast

WG Chip Muffin Top  
Aloha Pear Cup  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Bosco Sticks  
w/Marinara Sauce  
Green Peppers  
Steamed Peas  
Fresh Apple  
Michigan Milk

## AVAILABLE DAILY

**Fresh Fruit & Vegetable Bar**  
**Your Choice of Michigan Milk**

**Grab-n-Go Meals**

**Monday—Perfect Pizza**

**Tuesday—Chef Salad**

**w/Gold Fish Crackers**

**Wednesday - Chicken Patty**

**Thursday— Chef Salad**

**w/Gold Fish Crackers**

**Friday—Grilled Cheese Sandwich**



**Monday, October 12**

### Breakfast

WG Benefit Bar  
Fresh Pear  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Spaghetti w/Garlic Toast  
Green Broccoli  
Red Peppers  
Peach Slices  
Michigan Milk

**Tuesday, October 13**

### Breakfast

WG Cereal  
Fruit Cup  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Taco's  
Refried Beans  
Shred Lettuce/Diced Tomatoes  
Shredded Cheese/Sweet Corn  
Orange Wedges  
Michigan Milk

**Wednesday, October 14**

### Breakfast

WG Pumpkin Bread  
Fresh Banana  
100% Fruit Juice  
Michigan Milk

### Lunch

Cheeseburger on WG Bun  
Potato Wedges  
Baked Beans  
Fresh Fruit  
Michigan Milk

**Thursday, October 15**

### Breakfast

WG Cereal Bar  
Fruity Raisins  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Little Caesars Pizza  
Romaine Salad  
Fresh Vegetables  
Sliced Pears  
Michigan Milk

**Friday, October 16**

### Breakfast

WG Apple Roll  
Orange  
100% Fruit Juice  
Michigan Milk

1/2 Day

No Lunch



# YOU'RE GOOD



**ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG**

REDFORD UNION SCHOOLS NUTRITION SERVICES

WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS.



A JOB IN YOUR CHILD'S SCHOOL CAFETERIA ALLOWS YOU TO BE AT HOME WHEN YOUR FAMILY NEEDS YOU THERE. CALL TODAY FOR MORE INFORMATION!

313.242.6000

## VEGETABLE

### Cauliflower



Cauliflower loses some of its fantastic nutrients when it's boiled. Instead, steam it or cut it into small florets and roast it in the oven sprinkled with a little olive oil and salt.

## OF THE MONTH

Monday, October 19

### Breakfast

WG French Toast Loaf  
Fruity Raisins  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Pop Corn Chicken  
Tator Tots  
Celery Sticks  
Fruit Cup  
Michigan Milk

Tuesday, October 20

### Breakfast

WG Breakfast Bread  
Apple Slices  
100% Fruit Juice  
Michigan milk

### Lunch

WG Walking Taco  
Refried Beans  
Shredded Lettuce  
Diced Tomatoes  
Shredded Cheese  
Orange Wedges  
Michigan Milk

Wednesday, October 21

### Breakfast

WG Chip Muffin Top  
Aloha Pear Cup  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Mac & Cheese w/WG Crackers  
Green Peppers  
Cooked Carrots  
Fresh Apple  
Michigan Milk

Thursday, October 22

### Breakfast

WG Pop Tart  
Fresh Banana  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Little Caesars Pizza  
Romaine Salad  
Fresh Vegetables  
Sliced Pears  
Michigan Milk

Friday, October 23

### Breakfast

WG Cinnamon Goody bun  
Apple Sauce  
100% Fruit Juice  
Michigan Milk

### Breakfast for Lunch

WG Waffle  
Sausage Links  
Hashbrown  
Baked Beans  
Diced Peaches  
Michigan Milk

Monday, October 26

### Breakfast

WG Breakfast Round  
Fruit Cup  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Chicken Tenders  
WG Zee Zee Crackers  
Red Pepper Strips  
Sweet Corn  
Fruit Slush

Tuesday, October 27

### Breakfast

WG CinnToast Stuffed Square  
Orange Slices  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Sweet-n-Sour Chicken  
WG Sweet Roll  
Asian Mixed Vegetables  
Cooked Carrots  
Strawberry Cup  
Michigan Milk

Wednesday, October 28

### Breakfast

WG Cereal  
Fresh Banana  
100% Fruit Juice  
Michigan Milk

### Lunch

Alfredo Penne Pasta  
WG Breadstick  
Green Beans  
Fresh Vegetable Bar  
Grapes  
Michigan Milk

Thursday, October 29

### Breakfast

WG Benefit Bar  
Fresh Pear  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Little Caesars Pizza  
Romaine Salad  
Fresh Vegetables  
Sliced Pears  
Michigan Milk

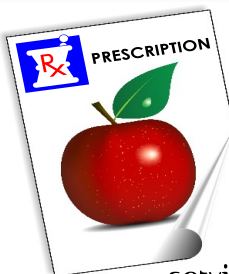
Friday, October 30

### Breakfast

WG Chip Muffin Top  
Aloha Pear Cup  
100% Fruit Juice  
Michigan Milk

### Lunch

WG Bosco Sticks  
w/Marinara Sauce  
Green Peppers  
Steamed Peas  
Fresh Apple  
Michigan Milk



## JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

