

MENUS FOR OCTOBER 2026



Redford Union School District—Keeler

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

Warm Cinnamon Roll
Farm Fresh Apple
100% Fruit Juice
Michigan Milk

Lunch

WG Pop Corn Chicken
Baked Beans
Red Pepper Strips
Fruit Cup
Michigan Milk

Tuesday, October 6

Breakfast

WG Tornado
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 Cheese Calzone
w/Marinara Sauce
Broccoli
Cooked Carrots
Farm 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 Dukin Sticks
Aloha Pear Cup
100% Fruit Juice
Michigan Milk

Lunch

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

AVAILABLE DAILY

Fresh Fruit & Vegetable Bar
Your Choice of Michigan Milk

Grab-n-Go Meals

Monday—Perfect Pizza

Tuesday—Chicken Patty Sandwich

Wednesday - Lunchable

Thursday— Chef Salad

w/WG Crackers

Friday—Grilled Cheese



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

Egg Cheese Omelet
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
Sweet Potato Fries
Baked Beans
Fresh Fruit
Michigan Milk

Thursday, October 15

Breakfast

WG Tornado
Fruity Raisins
100% Fruit Juice
Michigan Milk

Lunch

WG Little Caesars Pizza
Romaine Salad
Baby Carrots
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

Monday, October 19

Breakfast

WG Tornado
Fruity Raisins
100% Fruit Juice
Michigan Milk

Lunch

WG Pop Corn Chicken
WG Crackers
Sweet Potato Fries
Red Peppers Strips
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

Warm Cini Minis
Fresh Banana
100% Fruit Juice
Michigan Milk

Lunch

WG Little Caesars Pizza
Romaine Salad
Fresh Vegetables
Watermelon
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
Baked Beans
Fruit Slush

Tuesday, October 27

Breakfast

Egg Cheese Omelet
Orange Slices
100% Fruit Juice
Michigan Milk

Lunch

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

Wednesday, October 28

Breakfast

Tornado
Fresh Banana
100% Fruit Juice
Michigan Milk

Lunch

Alfredo Penne Pasta
WG Breadstick
Green Beans
Sweet Potato Fries
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 Dukin Sticks
Aloha Pear Cup
100% Fruit Juice
Michigan Milk

Lunch

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

VEGETABLE

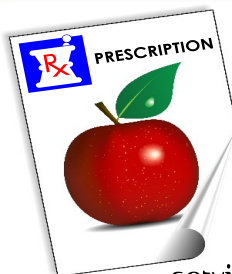
Cauliflower



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



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!

