Redford Union School District
Secondary Campus

Menus for October 2026

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

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://https://www.redfordu.k12.mi.us/district/food-service/

Featured Specials of the Day

Thursday, October 1
Michigan Style Pizza
Mixed Seasoned Vegetables

Friday, October 2
Mexicali Bar
Beef/Chicken Nacho's
Taco's & Walking Taco's
Refried Beans, Sweet Corn

Monday, October 5
Macaroni & Cheese w/WG Roll
Fresh Pepper Strips
Potato Tots
Apple Slices
Orange Wedges

Tuesday, October 6
Little Caesar's Pizza
Romaine Salad/Fresh Vegetable Cuts
Fresh Fruit/Peach Slices

Wednesday, October 7
Chicken Tenders w/Roll
Steamed Vegetables/Fresh Broccoli
Fresh Strawberries/Fresh Pears

Thursday, October 8
Cheese/Pepperoni/Meat Pizza
Steamed Broccoli/Celery Strips
Strawberry Cup/Fruit Slush
Fresh Fruit & Michigan Milk

Friday, October 9
Asian Bar
Tangerine Chicken
Ornamental Vegetables/Broccoli

3 BY THE NUMBERS

THE AVERAGE TRICK-OR-TREATER CONSUMES 3 CUPS (OR 220 PACKETS) OF ADDED SUGAR OVER HALLOWEEN.

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!

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-16

CAFETERIA CIRCUS

Monday, October 12
PopCorn Chicken w/WG Roll
Mashed Potato/Sweet Corn
Fresh Apple/Pineapple Cup

Tuesday, October 13
Little Caesar's Pizza
Romaine Salad
Fresh Fruit

Wednesday, October 14
Smashed Cheese Burger
Fresh Tomato/Lettuce/Onion/Pickle
Potato Wedges/Romaine Lettuce

Thursday, October 15
Rotini Pasta w/Meat Sauce
Garlic Toast & Streamed Broccoli
Fresh Fruit & Veg Bar

Friday, October 16
1/2 Day—No Lunch

STAY ALERT AND BE SAFE – IT'S PRETTY SCARY OUT THERE!

Featured Specials of the Day

Monday, October 19
Fettuccini Alfredo
Garlic Toast
Red Pepper Strips

Tuesday, October 20
Little Caesar's Pizza
Romaine Salad
Fresh Fruit & Veg Bar

Wednesday, October 21
Rodeo Burger on a Pretzel Bun
Sweet Potato Fries
Farm Fresh Apples

Thursday, October 22
Chicken Tender Snack Wrap
Homemade Cole Slaw
Baby Carrots

Friday, October 23
Asian Bar
Tangerine Chicken
Ornamental Vegetables/Broccoli

ON MOST DAYS, MICHAEL ATE LUNCH AT SCHOOL AND **FELT JUST FINE** IN THE AFTERNOON. BUT WHEN HE SKIPPED LUNCH, HE TRANSFORMED INTO A **HORRIBLE KIND OF ZOMBIE** BY ONE O'CLOCK!

Featured Specials of the Day

Monday, October 26
PopCorn Chicken w/WG Roll
Mashed Potato/Sweet Corn
Fresh Apple/Pineapple Cup

Tuesday, October 27
Little Caesar's Pizza
Romaine Salad
Fresh Fruit & Veg Bar

Wednesday, October 28
Panther Pride Burger
Sliced Dill Pickle
Seasoned Curly Fries

Thursday, October 29
Meatball Marinara Submarine
Steamed Broccoli
Romaine Salad

Friday, October 30
Chicken Drumstick
Baked Beans
Watermelon