

Redford Union

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

Please feel free to reach out to our department with any questions..... 313.242.6000

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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/foodservice/

YOU'RE & 3 ALL STUDENTS EAT BREAKFAST @ NO COST ALL YEAR LONG

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

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Monday, Dec 1

Breakfast WG Muffin MI Fresh Apple 100% Fruit Juice Michigan Milk

Lunch **WG Chicken Wonderland Nuggets WG Gold Fish Crackers Yellow Corn** Fresh MI Vea Cup **Orange Wedges** Michigan Milk

Tuesday, Dec 2

Breakfast **WG Breakfast Round Apple Sauce** 100% Fruit Juice Michigan Milk

Lunch **WG Walking Taco's Refried Beans Shredded Lettuce MI Diced Tomatoes Shredded Cheese Mixed Fruit** Michigan Milk

Wednesday, Dec 3

Breakfast **WG Breakfast Bread** Raiging 100% Fruit Juice Michigan Milk

Lunch French Toast Sticks w/Sausage Hashbrown **MI Grape Tomatoes** Fresh Apple Michigan Milk

Thursday, Dec 4

Breakfast WG Benefit Bar Fresh Banana 100% Fruit Juice **Michigan Milk**

Lunch **WG Little Caesars** Pizza **Romaine Salad** Fresh Vegetables Fresh Fruit Bar **Michigan Milk**

Friday, Dec 5

Breakfast WG Fruity PopTart Fresh Fruit 100% Fruit Juice Michigan Milk

Lunch WG Mac & Cheese w/WG Cracker MI Sliced Cucumbers **Baby Carrots Diced Peaches** Michigan Milk

Available Daily

Fresh Fruit & Vegetable Bars **Your Choice of** White or Chocolate Michigan Milk Fresh Daily Salads w/Gold Fish Crackers Grab-n-Go Meals Monday-Hot Dog on a Bun

Tuesday - Chicken Patty on a Bun Wednesday - Cheeseburger on a Bun Thursday -Chef Salad w/Gold Fish Crackers

Friday-Grilled Cheese Sandwich

Monday, Dec 8

Breakfast WG Breakfast Bun Raisins 100% Fruit Juice Michigan Milk

Lunch **WG Chicken Shapes WG Gold Fish** Crackers **Baby Carrots Yellow Corn MI Great Grapes Michigan Milk**

Tuesday, Dec 9

Breakfast **WG Benefit Bar** Michigan Apple 100% Fruit Juice **Michigan Milk**

Lunch **WG Soft Taco Shredded Lettuce Diced Tomatoes Shredded Cheese Orange Wedges** Michigan Milk

Wednesday, Dec 10

Breakfast **WG Breakfast Bread** Clementine 100% Fruit Juice Michigan Milk

Lunch **WG Bosco Sticks Broccoli MI Cucumber Coins MI Mixed Berries Cup** Michigan Milk

Thursday, Dec 11

Breakfast **WG French Toast Bar** Fresh Pear 100% Fruit Juice Michigan Milk

Lunch **WG Little Caesars** Pizza MI Tossed **Romaine Salad** MI Fresh Veg Cup **Mixed Fruit** Michigan Milk

Friday, Dec 12

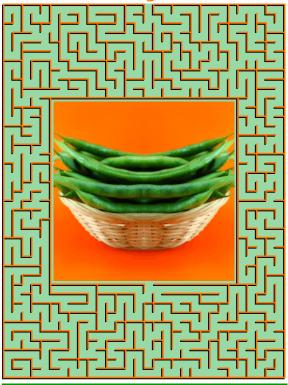
Breakfast WG Waffle Apple Sauce 100% Fruit Juice Michigan Milk

Lunch **WG Rotini** w/WG Garlic Bread Garbanzo Beans **Green Beans** Sliced Peaches Michigan Milk



Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free! Start here!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, Dec 15

Breakfast WG Mini Pancakes Raisins 100% Fruit Juice Michigan Milk

Lunch WG Chicken Crew Nuggets **WG Gold Fish Crackers Broccoli Mi Celery MI Berry Cup** Michigan Milk

Tuesday, Dec 16

Breakfast WG Breakfast Round Apple Sauce 100% Fruit Juice **Michigan Milk**

Lunch WG Walking Taco **Refried Beans Shredded Lettuce Orange Wedges** Michigan Milk

Wednesday, Dec 17

Breakfast WG Benefit Bar Round Orange 100% Fruit Juice Michigan Milk

Holiday Feast WG Chicken Drumstick WG Roll Mashed Potatoes w/Gravy

Thursday, Dec 18

Here's wishing you a bright and happy

Breakfast WG Muffin MI Fresh Fruit 100% Fruit Juice **Michigan Milk**

Lunch **WG Little Caesar's** Pizza **Mi Romaine Salad** Fresh Mixed Vegetable Fresh Fruit Bar

Friday, Dec 19

With Love From Your

Child Nutrition

Staff

Breakfast **WG Cinnamon Roll MI Fresh Apple** 100% Fruit Juice Michigan Milk

Lunch WG Fettuccini Alfredo w/Garlic Bread Mi Romaine Salad **Fresh Mixed Vegetable** Strawberry Cup Michigan Milk





be-nev-o-lent

adj. 1. charitable; kind 2. showing love to others and a desire to promote their happiness and well-being