

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/food-

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

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

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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 Veg 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 Raisins 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

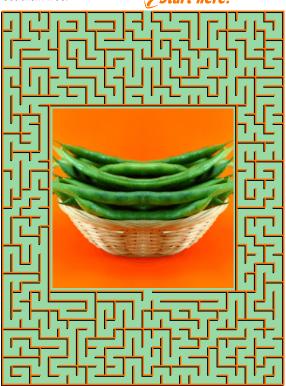
Lunch

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 Nuaaets WG Gold Fish Crackers Broccoli MI Celerv 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 **Diced Tomatoes** Shredded Cheese Orange Wedges Michigan Milk

Wednesday, Dec 17 **Breakfast**

Word Month

be-nev-o-lent

adj. 1. charitable; kind

others and a desire to

promote their happiness

2. showing love to

and well-being

WG Benefit Bar Round Orange 100% Fruit Juice Michigan Milk

Holiday Feast

WG Chicken Drumstick WG Roll Mashed Potatoes w/Gravy Green Bean Casserole Fresh MI Fruit Michigan Milk

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 Mixed Vegetable Fresh Fruit Bar Michigan Milk

Friday, Dec 19

Breakfast

With Love From Your

Child Nutrition

Staff

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

Lunch

WG Fettuccini Alfredo w/Garlic Bread Mi Romaine Salad Strawberry Cup Michigan Milk

