

Redford Union Secondary Campus

Menus for December 2025

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

Available Daily

Café Classics
Grill Station
Deli Sandwich
Pizza Station
Salads

Your Choice of
Fresh Fruit &
Vegetables

Featured Specials of the Day

Monday, December 1

Popcorn Chicken Bowl

Tuesday, December 2

Little Caesars Pizza

Wednesday, December 3

Breakfast for Lunch

Thursday, December 4

Breaded Ravioli
with Marinara Sauce

Friday, December 5

Mexicali Meal

OUT COLD.

Not only do we
eat more in
the winter,
we also tend
to exercise
less. Even if

it's cold where you live, you still need to be
moving for a total of at least an hour a day! Some
of that can happen indoors, but there's plenty of
outside activities that can keep you warm, too!



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

Redford Union Food & Nutrition Department

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

Featured Specials of the Day

Monday, December 8

Parmesan Garlic Chicken
Bowl

Tuesday, December 9

Little Caesars Pizza.

Wednesday, December 10

Cherry Blossom Chicken

Thursday, December 11

Macaroni & Cheese w/Roll

Friday, December 12

Mexicali Rice Bowl
w/Cajun Chicken

REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

Wishing you and your family a bright and happy Holiday

Joy Hartman, Director of Food Services & the Child Nutrition Staff at your school

Featured Specials of the Day

Monday, December 15
Meatballs & Chicken Bowl

Tuesday, December 16
Little Caesars Pizza

Wednesday, December 17
Breakfast for Lunch

Thursday, December 18
Rotini Pasta
w/Meat Sauce

Friday, December 19
Mexicali Bar

Please See the Other Page for Items Available Daily



THE OLD FELLA HAD
TO **PUT ON**
A FEW
POUNDS
EVERY
DECEMBER
FOR HIS
JOB, BUT
THE REST



OF THE YEAR HE
ATE HEALTHY AND
THAT'S WHAT
KEPT HIM
AND THE
MISSUS
KISSING
UNDER THE
MISTLETOE!

See You Next Year!



Last day of school:
Friday, December 19

Classes Resume
Tuesday, January 5



Where do all of our crazy names for food come from?



WORDS OF MOUTH

This month:
"Caesar Salad"

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's. Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special! Cardini's



recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!