

Welcome to the New Year!

# 2026

## Menus for January

Redford Union School District—Head Start

This institution is an equal opportunity provider.

### 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.....

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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-service/>



Pro Football playoffs start Saturday, January 10. What team will wear the crown on Super Bowl Sunday?

### Monday, January 5

**Breakfast**  
 WG Muffin  
 Fruit Cup  
 Michigan Milk

**Lunch**  
 WG Pop Corn  
 Chicken  
 Baked Beans  
 Strawberry Cup  
 Michigan Milk

### Tuesday, January 6

**Breakfast**  
 WG Pancake  
 Apple Sauce  
 Michigan Milk

**Lunch**  
 WG Pizza  
 Crunchers  
 Romaine Salad  
 Orange Wedges  
 Michigan Milk

### Wednesday,

**Breakfast**  
 WG Breakfast Bread  
 Fruit Cup  
 Michigan Milk

**Lunch**  
 WG Bosco Stick w/Marinara Sauce  
 Green Beans  
 Fresh Apple  
 Michigan Milk

### Thursday, January 8

**Breakfast**  
 WG Cereal  
 Fresh Banana  
 Michigan Milk

**Lunch**  
 WG Bean & Cheese Burrito  
 Salsa Cup  
 Diced Peaches  
 Michigan Milk

### Friday, January 9

**Breakfast**  
 WG Waffle  
 Apple Sauce  
 Michigan Milk

**Lunch**  
 WG Mac & Cheese  
 Green Pepper Strips  
 Fresh Banana  
 Michigan Milk

### Monday, January 12

**Breakfast**  
 WG Pancake  
 Apple Sauce  
 Michigan Milk

**Lunch**  
 WG Calzone  
 Green Peas & Carrots  
 Mixed Berry Cup  
 Michigan Milk

### Tuesday, January 13

**Breakfast**  
 WG Cereal  
 Peach Cup  
 Michigan Milk

**Lunch**  
 WG Little Caesars Pizza  
 Romaine Salad  
 Apple Slices  
 Michigan Milk

### Wednesday, January

**Breakfast**  
 WG Breakfast Bread  
 Diced Pear Cup  
 Michigan Milk

**Lunch**  
 "Breakfast for Lunch"  
 Pancake Bites  
 Sausage links  
 Pepper Strips  
 Diced peaches  
 Michigan Milk

### Thursday, January 15

**Breakfast**  
 WG Cereal  
 Apple Slices  
 100% Fruit Juice  
 Michigan Milk

**Lunch**  
 WG Soft Beef Taco  
 Refried Beans  
 Shredded Lettuce  
 Shredded Cheese  
 Orange Slices  
 Michigan Milk

### Friday, January 16

**Breakfast**  
 WG Muffin  
 Fruit Cup  
 100% Fruit Juice  
 Michigan Milk

**Lunch**  
 WG Chicken Alfredo  
 Green Beans  
 Apple Slices  
 Michigan Milk



**Put me in my place!**  
*Is the tomato a fruit or a vegetable?*



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, January 19



School will be closed today  
in honor of the birthday of  
Martin Luther King, Jr.

Tuesday, January 20

**Breakfast**  
WG Muffin  
MI Fresh Apple  
Michigan Milk

**Lunch**  
WG Winter  
Wonderland  
Chicken  
Nuggets  
Baked Beans  
Orange Wedges  
Michigan Milk

Wednesday, January

**Breakfast**  
WG Pancake  
Orange  
Wedges  
Michigan Milk

**Lunch**  
WG Bosco Stick  
w/Marinara  
Sauce  
Broccoli  
MI Mixed Berry  
Cup  
Michigan Milk

Thursday, January 22

**Breakfast**  
WG Breakfast  
Bread  
Fruit Cup  
Michigan Milk

**Lunch**  
WG Bean &  
Cheese Burrito  
Salsa Cup  
Apple Slices  
Michigan Milk

Friday, January 23

**Breakfast**  
WG Cereal  
Fresh Banana  
Michigan Milk

**Lunch**  
WG Spaghetti  
w/Meat Sauce  
MI Sliced  
Cucumbers  
Diced Peaches  
Michigan Milk

**Q: What do these six different foods have in common?**  
Pears Popcorn Nuts Beans  
Whole Grains Broccoli

These foods might seem very different, but they're all good sources of a substance that's important for a healthy diet. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the magical substance they all share!



**ANSWER:** \_\_\_\_\_

Monday, January 26

**Breakfast**  
WG Breakfast  
Bread  
Fruit Cup  
Michigan Milk

**Lunch**  
WG Shark  
Chicken  
Nuggets  
Baked Beans  
Mixed Fruit  
Michigan milk

Tuesday, January 27

**Breakfast**  
WG Cereal  
Michigan  
Apple  
Michigan Milk

**Lunch**  
WG Little  
Caesars Pizza  
Romaine Salad  
Peach Cup  
Michigan Milk

Wednesday, January

**Breakfast**  
WG Muffin  
Clementine  
Michigan Milk

**Lunch**  
WG French  
Toast Sticks  
W/Sausage  
Hashbrown  
Mixed Fruit  
Michigan Milk

Thursday, January 29

**Breakfast**  
WG Waffle  
Diced Pears  
Michigan Milk

**Lunch**  
WG Soft Taco  
Refried Beans  
Shredded  
Lettuce  
Shredded  
Cheese  
Diced Peaches  
Michigan Milk

Friday, January 30



**No  
School  
Today**

**DON'T 4GET!**  
To make a lunch,  
choose at least one



or



and 3-5  
items  
total

BREWSTER CENTRAL SCHOOL DISTRICT CHILD NUTRI-

**Word  
of the  
Month**  
service

noun 1. help, use,  
benefit <happy to be of  
service> 2. contribu-  
tion to the welfare of  
others 3. a helpful act  
<did her a service>

I am the letter



hat