

Welcome to the New Year!

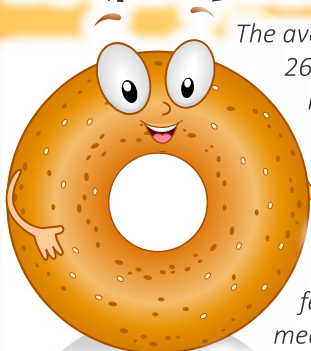
2026

Menus for January

Redford Union School District—Snack Menu

This institution is an equal opportunity provider. Menus are

Breakfast Bites!



The average American ate 260 eggs in 2014, and most of those 83 billion eggs were eaten at breakfast.

Research has shown that a morning meal of eggs helps us feel fuller longer than a meal of cereal containing the same amount of calories.

Word of the Month

ser·vice

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

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/>

NUTRITION TO GO

Pineapples are picked ripe and do not ripen further after picking. There's no sure way to tell that a whole pineapple is sweet -- although fresh, deep green crown leaves are a good sign. Most grocery stores now carry vacuum-packed pineapples that are already cored and shelled -- buying these saves you some work and avoids surprises.

A QUICK BITE FOR PARENTS

Monday, January 5 <i>Peach Cup</i> <i>Michigan Milk</i>	Tuesday, January 6 <i>Pear Cup</i> <i>Wg Crackers</i>	Wednesday, January 7 <i>Fresh Banana</i> <i>Michigan Milk</i>	Thursday, January 8 <i>Apple Slices</i> <i>Cheese Cubes</i>	Friday, January 9 <i>Mixed Berry Cup</i> <i>Michigan Milk</i>
Monday, January 12 <i>Pear Cup</i> <i>Wg Crackers</i>	Tuesday, January 13 <i>Strawberry Cup</i> <i>Michigan Milk</i>	Wednesday, January 14 <i>Apple Slices</i> <i>Cheese Cubes</i>	Thursday, January 15 <i>Pineapple Cup</i> <i>Michigan Milk</i>	Friday, January 16 <i>Orange Slices</i> <i>Wg Crackers</i>
Monday, January 19  <small>School will be closed today in honor of the birthday of Martin Luther King, Jr.</small>	Tuesday, January 20 <i>Mixed Berry Cup</i> <i>Michigan Milk</i>	Wednesday, January 21 <i>Apple Sauce</i> <i>Cheese Cubes</i>	Thursday, January 22 <i>Peach Cup</i> <i>Michigan Milk</i>	Friday, January 23 <i>Apple Slices</i> <i>Wg Crackers</i>
Monday, January 26 <i>Pineapple Cup</i> <i>Michigan Milk</i>	Tuesday, January 27 <i>Orange Slices</i> <i>Wg Crackers</i>	Wednesday, January 28 <i>Apple Sauce</i> <i>Michigan Milk</i>	Thursday, January 29 <i>Apple Slices</i> <i>Wg Crackers</i>	Friday, January 30 

Featuring Healthy Fruits & Grains!