Welcome to the New Year!

Means for January

Redford Union School District—Keeler School **This institution is an equal opportunity provider.**

MONDAY, JANUARY 5

BREAKFAST WG MUFFIN RAISINS

raisins 100% fruit Juice Michigan Milk

<u>Lunch</u>

WG POP CORN CHICKEN
WG GOLD FISH
COOKED CARROTS
BAKED BEANS
FRUIT CUP
MICHIGAN MILK

TUESDAY, JANUARY 6

BREAKFAST

WG Breakfast Round Apple Sauce 100% Fruit Juice Michigan Milk

<u>LUNCH</u>

WG Walking Taco Refried Beans Shredded Lettuce Diced Tomatoes Shredded Cheese Orange Wedges Michigan Milk

WEDNESDAY, JANUARY 7

BREAKFAST

WG RASPBERRY ICED ROLL FRUIT CUP 100% FRUIT JUICE MICHIGAN MILK

LUNCH

WG Bosco Sticks
W/Marinara Sauce
Green Beans
Baby Carrots
Fresh Apple
Michigan Milk

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 = Hartmani@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/

FRIDAY, JANUARY 9

BREAKFAST

WG WAFFLE APPLE SAUCE 100% FRUIT JUICE MICHIGAN MILK

LUNCH

WG MAC & CHEESE
WG GARLIC KNOT
COOKED CARROTS
GREEN PEPPER STRIPS
FRESH FRUIT BAR
MICHIGAN MILK

Available Daily

Fresh Fruit & Vegetable Bars
Your Choice of
White or Chocolate Michigan Milk
Fresh Daily Salads w/Gold Fish
Grab-n-Go Meals
Monday—Hot Dog on a Bun
Tuesday—Chicken Patty on a Bun
Wednesday—Cheeseburger on Bun
Thursday—Chef Salad w/Gold Fish
Friday-Grilled Cheese Sandwich

MONDAY, JANUARY 12

BREAKFAST

WG Cinnamon Roll Fresh Apple 100% Fruit Juice Michigan Milk

LUNCH

WG CALZONE GREEN PEAS & CARROTS MIXED BERRY CUP MICHIGAN MILK

TUESDAY, JANUARY 13

BREAKFAST

WG CEREAL BAR RAISINS 100% FRUIT JUICE MICHIGAN MILK

LUNCH

WG SOFT BEEF TACO
REFRIED BEANS
SHREDDED LETTUCE
DICED TOMATOES
SHREDDED CHEESE
FRESH FRUIT BAR
MICHIGAN MILK

WEDNESDAY, JANUARY 14

BREAKFAST

WG Breakfast Bread Fresh Pear 100% Fruit Juice Michigan Milk

LUNCH

"Breakfast for Lunch"
Pancake Bites
Sausage Links
Hashbrown
Pepper Strips
Diced Peaches
Michigan Milk

THURSDAY, JANUARY 15

THURSDAY, JANUARY 8

BREAKFAST

WG BENEFIT BAR

FRESH BANANA

100% FRUIT JUIC€

MICHIGAN MILK

LUNCH

WG LITTLE CAESARS

PIZZA

Romaine Salad

FRESH VEGETABLES

FRESH FRUIT BAR

MICHIGAN MILK

BREAKFAST

WG PANCAKES APPLE SLICES 100% FRUIT JUICE MICHIGAN MILK

LUNCH

WG LITTLE CAESARS
PIZZA
ROMAINE SALAD
FRESH VEGETABLES
FRESH FRUIT BAR
MICHIGAN MILK

FRIDAY, JANUARY 16

BREAKFAST

WG POP TART FRUIT CUP 100% FRUIT JUICE MICHIGAN MILK

LUNCH

UG CHICKEN ALFREDO
GARLIC TOAST
PEPPER STRIPS
GREEN BEANS
FRESH FRUIT BAR
MICHIGAN MILK



#PPPPP



Pro Football

playoffs start

January 10.

What team

crown on

will wear the

Saturday,

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

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 100% FRUIT JUICE MICHIGAN MILK

LUNCH

WG WINTER WONDERLAND
CHICKEN NUGGETS
WG GOLD FISH CRACKERS
BAKED BEANS
BABY CARROTS
ORANGE WEDGES
MICHIGAN MILK

WEDNESDAY, JANUARY 21

BREAKFAST

WG Breakfast Round Apple Sauce 100% Fruit Juice Michigan Milk

LUNCH

WG BOSCO STICKS
W/MARINARA SAUCE
BROCCOLI
CUCUMBER COINS
MI MIXED BERRY CUP
MICHIGAN MILK

THURSDAY, JANUARY 22

BREAKFAST

WG Breakfast Bread Raisins 100% Fruit Juice Michigan Milk

LUNCH

WG LITTLE CAESARS
PIZZA
ROMAINE SALAD
FRESH VEGETABLES
FRESH FRUIT BAR
MICHIGAN MILK

FRIDAY, JANUARY 23

BREAKFAST

WG Benefit Bar Fresh Banana 100% Fruit Juice Michigan Milk

LUNCH

WG Spaghetti W/Meat Sauce Garlic Bread MI Sliced Cucumbers Diced Peaches Michigan Milk



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 Bun Raisins 100% Fruit Juice Michigan Milk

LUNCH

WG Shark Chicken Nuggets WG Gold Fish Baked Beans Green Peas Mixed Fruit Michigan Milk

TUESDAY, JANUARY 27

BREAKFAST

WG Benefit Bar Michigan Apple 100% Fruit Juice Michigan Milk

LUNCH

WG Walking Taco Refried Beans Shredded Lettuce MI Diced Tomatoes Shredded Cheese Diced Peaches Michigan Milk

WEDNESDAY, JANUARY 28

BREAKFAST

WG Breakfast Bread Clementine 100% Fruit Juice Michigan Milk

LUNCH

WG French Toast Sticks
W/Sausage
Hashbrown
MI Grape Tomatoes
Mixed Fruit
Michigan Milk

THURSDAY, JANUARY 29

BREAKFAST

WG WAFFLE DICED PEARS 100% FRUIT JUICE MICHIGAN MILK

LUNCH

WG LITTLE CAESARS
PIZZA
ROMAINE SALAD
FRESH VEGETABLES
FRESH FRUIT BAR
MICHIGAN MILK

FRIDAY, JANUARY 30



No School Today

To make a lunch, choose at least one







Word 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>

