

Welcome to the New Year!

2026

Menus for January

Redford Union School District—Veritas

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.....

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://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

Lunch

WG Pop Corn
Chicken
WG Crackers
Baked Beans
Strawberry
Cup
Michigan Milk

Tuesday, January 6

Lunch

WG Little
Caesar's Pizza
Romaine Salad
Orange
Wedges
Michigan Milk

Wednesday, January 7

Lunch

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

Thursday, January 8

Lunch

WG Bean &
Cheese
Burrito
Salsa Cup
Yellow Corn
Diced Peaches
Michigan
Milk

Breakfast Menu

Breakfast

WG Assorted
Cereal
WG Benefit Bar
WG Donuts
WG Breakfast
Breads
100% Fruit Juice
Fresh Fruit
Fruit Cups
Michigan Milk

Monday, January 12

Lunch

WG Calzone
Green Peas &
Carrots
Mixed Berry
Cup
Michigan
Milk

Tuesday, January 13

Lunch

WG Little
Caesars Pizza
Romaine
Salad
Apple Slices
Michigan
Milk

Wednesday, January 14

Lunch

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

Thursday, January 15

Lunch

WG Walking
Taco
Refried Beans
Shredded
Lettuce
Shredded
Cheese
Orange Slices
Michigan Milk

Breakfast Menu

Breakfast

WG Assorted
Cereal
WG Benefit Bar
WG Donuts
WG Breakfast
Breads
100% Fruit Juice
Fresh Fruit
Fruit Cups
Michigan Milk



What's on YOUR plate?

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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

