Welcome to the New Year!

Menus for January

Redford Union School District—Veritas

This institution is an equal opportunity provider.

Monday, January 5

<u>Lunch</u>

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

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/

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



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



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

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

<u>Breakfast</u>

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

Monday, January 19



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

Tuesday, January 20

Lunch

WG Winter Wonderland Chicken Nuggets Baked Beans Orange Wedges Michigan Milk

Wednesday, January 21

Lunch

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

Thursday, January 22

Lunch

WG Bean & Cheese Burrito Salsa Cup **Apple 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 do these six different foods have in common?

Popcorn 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!



Monday, January 26

Lunch

WG Shark Chicken Nuggets Baked Beans Mixed Fruit Michigan milk

Tuesday, January 27

Lunch

WG Little Caesars Pizza Romaine Salad Green Beans Peach Cup Michigan Milk

Wednesday, January 28

Lunch

WG French Toast Sticks W/Sausage Hashbrown Pepper Strips Mixed Fruit Michigan Milk

Thursday, January 29

Lunch

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

Friday, January 30



No **School Today**

ANSWER:

DON'T 4 GET! 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>

