Redford Union School District – Keeler

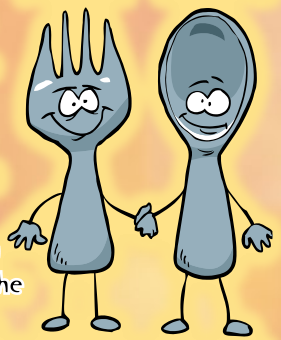
Menus for NOVEMBER 2026

This institution is an equal opportunity provider. Menus are subject to change.

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/

THE FAMILY THAT EATS TOGETHER.



Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

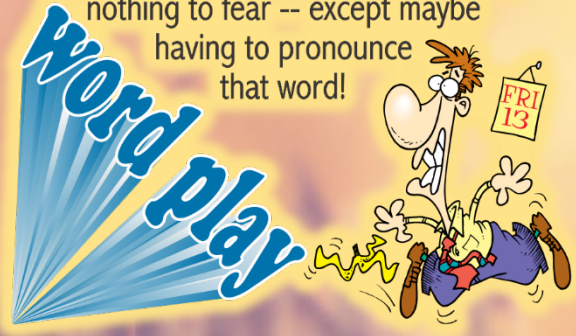
Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
Breakfast WG Cinnamon Roll Fresh Apple 100% Fruit Juice Michigan Milk **Lunch** WG Cheeseburgers Baked Beans Baby Carrots Fruit Cup Michigan milk	**No School**	**Breakfast** WG Breakfast Bread Apple Slices 100% Fruit Juice Michigan Milk **Lunch** WG Cheese Calzones w/Marinara Sauce Broccoli Cooked Carrots Fresh Local Apple Michigan Milk	**Breakfast** WG Pumpkin Roll Fresh Banana 100% Fruit Juice Michigan Milk **Lunch** WG Little Caesars Pizza Romaine Salad Fresh Cut Vegetables Sliced Pears Michigan Milk	**Breakfast** WG Benefit Bar Fruit Cup 100% Fruit Juice Michigan Milk **Lunch** WG Lasagna WG Garlic Knot Green Beans Romaine Salad Mandarin Oranges Michigan Milk
Monday, November 9	**Tuesday, November 10**	**Wednesday, November 11**	**Thursday, November 12**	**Friday, November 13**
Breakfast WG Muffin Fresh Local Apple 100% Fruit Juice Michigan Milk **Lunch** WG Chicken Drumstick Red Peppers Baked Beans Peach Slices Michigan Milk	**Breakfast** WG Breakfast Bread Fresh Pear 100% Fruit Juice Michigan Milk **Lunch** WG Walking Taco Refried Beans Shred Lettuce/Diced Tomatoes Shredded Cheese/Sweet Corn Orange Wedges Michigan Milk	**Breakfast** WG Apple Roll Apple Slices 100% Fruit Juice Michigan Milk **Lunch** WG Bosco Sticks Broccoli Cooked Carrots Sliced Pears Michigan Milk	**Breakfast** WG Benefit Bar Fruited Raisins 100% Fruit Juice Michigan Milk **Lunch** WG Little Caesars Pizza Romaine Salad Fresh Cut Vegetables Fresh Banana Michigan Milk	**Breakfast** WG Breakfast Fresh Fruit 100% Fruit Juice Michigan Milk **½ Day**

Available Daily

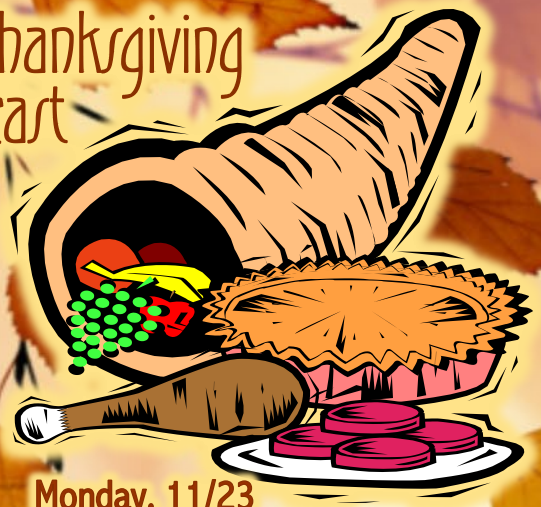
Fresh Fruit & Vegetable Bar
Your Choice of Michigan Milk
Grab-n-Go Meals
Whole Grain Crackers
Monday –Perfect Pizza
Tuesday—Chicken Patty on a WG Bun
Wednesday - Lunchable
Thursday– Chef Salad w/WG Crackers
Friday—Grilled Cheese Sandwich

Friggatriskaidekaphobia

"Friggatriskaidekaphobia" is the irrational fear of Friday the 13th. There's really nothing to fear -- except maybe having to pronounce that word!



Thanksgiving Feast



Monday, 11/23

Monday, November 16

Breakfast
WG Fresh Toast Loaf
Fruity Raisins
100% Fruit Juice
Michigan Milk

Lunch
WG Chicken Nuggets
WG Crackers
Baked Beans
Carrots
Fruit Slush
Michigan Milk

Tuesday, November 17

Breakfast
WG Breakfast Bread
Apple Sauce
100% Fruit Juice
Michigan Milk

Lunch
WG Waffle
Sausage Links
Hashbrown
Red Pepper Strips
Diced Peaches
Michigan Milk

Wednesday, November 18

Breakfast
WG Breakfast
Fresh Apple
100% Fruit Juice
Michigan Milk

½ Day

Thursday, November 19

Breakfast
WG Pop Tart
Fruited Raisins
100% Fruit Juice
Michigan Milk

Lunch
WG Little Caesars Pizza
Romaine Salad
Fresh Cut Vegetables
Fresh Banana
Michigan Milk

Friday, November 20

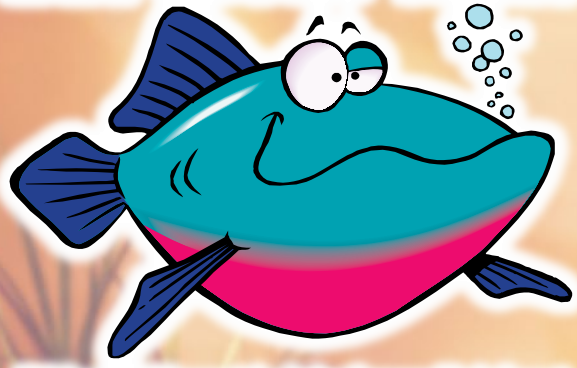
Breakfast
WG Breakfast Round
Fresh Pear
100% Fruit Juice
Michigan Milk

Lunch
WG Macaroni & Cheese
WG Crackers
Broccoli
Roasted Chickpeas
Fresh Local Apple
Michigan Milk



What's on YOUR plate?

Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, November 23

Breakfast
WG Breakfast Bread
Fresh Pear
100% Fruit Juice
Michigan Milk

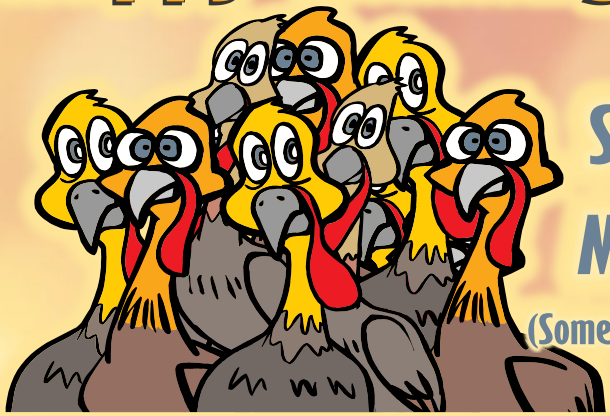
Lunch
Turkey Gravy
WG Fresh Roll
Mashed Potatoes
Green Beans
Fresh Local Apple
Michigan Milk

Tuesday, November 24

Breakfast
WG Muffin
Fresh Fruit
100% Fruit Juice
Michigan Milk

Lunch
WG Chicken
WG Crackers
Baked Beans
Carrots
Fruity Fruit
Michigan Milk

Happy Thanksgiving!



See you Monday!

(Some of you, anyway!)

Monday, November 30

Breakfast
WG Breakfast
Fruit Cup
100% Fruit Juice
Michigan Milk

Lunch
WG Bosco Sticks
Marinera Sauce
Cooked Carrots
Baked Beans
Fresh Fruit
Michigan Milk

NUTRITION TOGO

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for more!

A QUICK BITE FOR PARENTS

Many Moons

Native Americans had special names for every full moon of the year. One name for the November full moon is the "Much White Frost on Grass" moon, because November is when the cold weather sets in.