Redford Union School District – Secondary Campus

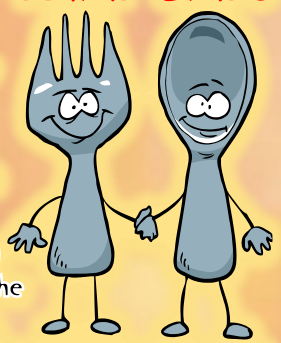
Menus for NOVEMBER 2026

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!

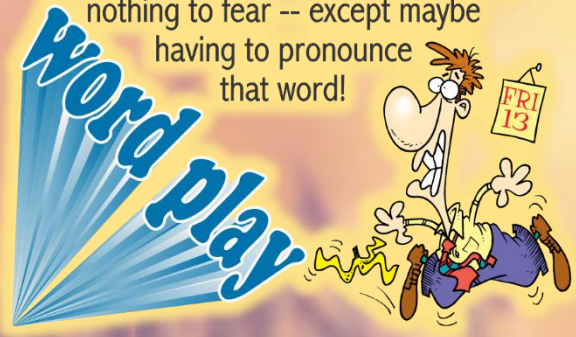
Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
Lunch WG Entrée Baked Beans Baby Carrots Fruit Cup Michigan milk	**No School**	**Lunch** WG Cheese Calzones w/Marinara Sauce Broccoli Cooked Carrots Fresh Local Apple Michigan Milk	**Lunch** WG Perfect Pizza Romaine Salad Fresh Cut Vegetables Sliced Pears 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**
Lunch WG Enticing Entree Red Peppers Baked Beans Peach Slices Michigan Milk	**Lunch** WG Little Caesars Pizza Romaine Salad Fresh Cut Vegetables Fresh Banana Michigan Milk	**Lunch** WG Bosco Sticks Broccoli Cooked Carrots Sliced Pears Michigan Milk	**Lunch** WG Macaroni & Cheese Refried Beans Shred Lettuce/Diced Tomatoes Sweet Corn Fresh Local Apples Michigan Milk	**Breakfast** WG Breakfast Choices Fresh Fruit 100% Fruit Juice Michigan Milk **½ Day**

Available Daily

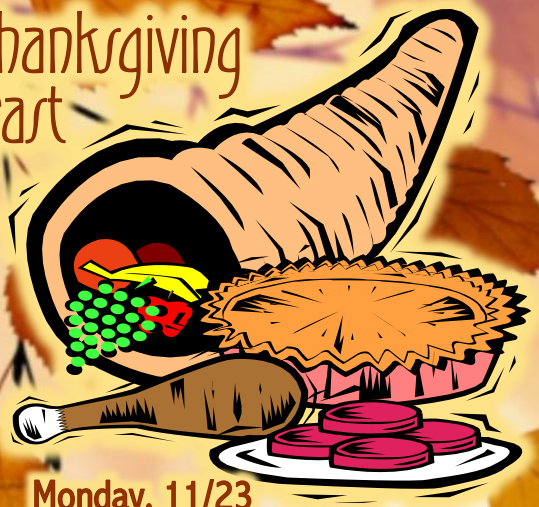
Whole Grain Breakfast Entrée's
Fresh Fruit & Vegetable Bar
Your Choice of Michigan Milk
Grab-n-Go Meals
Whole Grain Crackers
Café' Classics
Grilled Sandwiches
Freshly Made Sandwiches and Salads
Pizza Creations

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



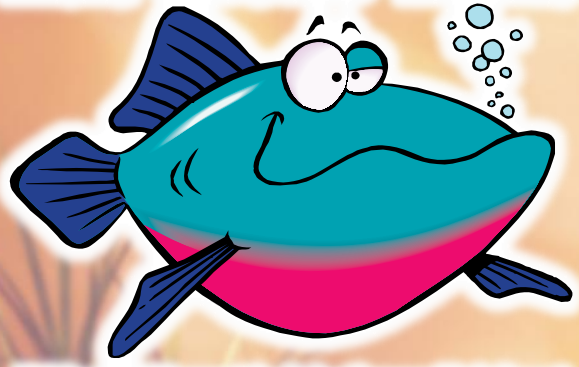
Monday, 11/23

Monday, November 16	Tuesday, November 17	Wednesday, November 18	Thursday, November 19	Friday, November 20
Lunch WG Chicken Entree WG Crackers Baked Beans Carrots Fruit Slush Michigan Milk	**Lunch** WG Little Caesars Pizza Romaine Salad Fresh Cut Vegetables Fresh Banana Michigan Milk	**Breakfast** WG Breakfast Entree Fresh Apple 100% Fruit Juice Michigan Milk **½ Day**	**Lunch** WG French Toast Sticks Sausage Links Hashbrown Red Pepper Strips Diced Peaches Michigan Milk	**Lunch** WG Fettuccini Alfredo Garlic Knot Broccoli Roasted Chickpeas Fresh Local Apple Michigan Milk



What's on YOUR plate?

Eat more fish!

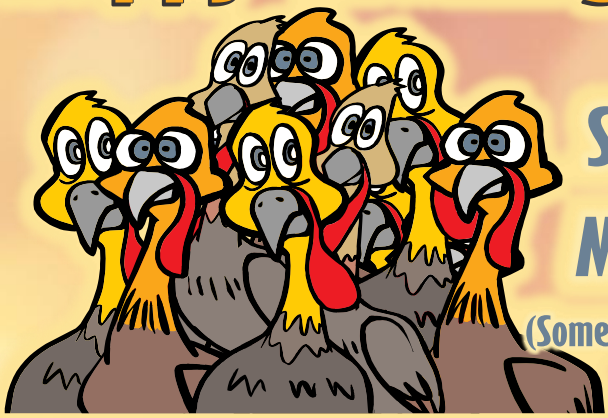


Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

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

Monday, November 23	Tuesday, November 24
Lunch Turkey Gravy WG Fresh Roll Mashed Potatoes Green Beans/Corn Fresh Local Apple/Cranberries Michigan Milk	**Lunch** WG Little Caesars Pizza Romaine Salad Fresh Cut Vegetables Fresh Banana Michigan Milk

Happy Thanksgiving!



See you Monday!

(Some of you, anyway!)

Monday, November 30
Lunch WG Chicken Drumsticks 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.