

Menus for November 2025

Redford Union School District—Elementary Menu
USDA is an equal opportunity provider and employer.

Monday, November 3

Breakfast
WG Cereal
Applesauce Cup
100% Fruit Juice
Michigan Milk

Lunch
Chicken Tenders
w/SunChips
Baked Beans
Fresh Fruit Bar
Michigan Milk

Tuesday, November 4



**No School
Today**
*Make sure your
family votes!*

Wed., November 5

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

Lunch
Waffles w/Shark
Nuggets
Potato Rounds
Fresh Fruit Bar
Michigan Milk

Thursday, Nov 6

Breakfast
WG Pumpkin Roll
Strawberry Cup
100% Fruit Juice
Michigan Milk

Lunch
Little Caesar's
Pizza
Romaine Salad
Fresh Fruit Bar
Michigan Milk

Friday, November 7

Breakfast
WG Pop Tart
Apple Slices
100% Fruit Juice
Michigan Milk

Lunch
Beef & Cheese
Nacho
Sweet Corn
Fresh Fruit Bar
Michigan Milk

Monday, November 10

Breakfast
WG Cinnamon Roll
Peach Cup
100% Fruit Juice
Michigan Milk

Lunch
Chicken Drumsticks
w/Goldfish
Crackers
Baked Beans
Fresh Fruit Bar
Michigan Milk

Tuesday, November

Breakfast
WG Waffle
Pear Cup
100% Fruit Juice
Michigan Milk

Lunch
Mozzarella Cheese
Sticks w/Marinara
Sauce
Honey Carrots
Fresh Fruit Bar
Michigan Milk

Wed., November 12

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

Lunch
French Toast
Sticks w/Sausage
Hashbrown Patty
Fresh Fruit Bar
Michigan Milk

Thursday, Nov 13

Breakfast
WG Cereal
Applesauce Cup
100% Fruit Juice
Michigan Milk

1/2 Day

Friday, November 14

Breakfast
WG Benefit Bar
Applesauce Cup
100% Fruit Juice
Michigan Milk

Lunch
WG Zoo Crew
Chicken Nuggets
Mashed Potatoes
w/Gravy
Steamed Broccoli
Michigan Milk

AVAILABLE DAILY

Monday

Beef Hot Dog on a Bun

Tuesday

Chicken Patty on a Bun

Wednesday

Cheeseburger on a Bun

Thursday

Chef Salad w/Crunch Crackers

Friday

Bosco Sticks w/Marinara Sauce



DON'T FORGET!

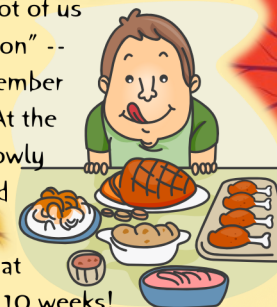


SUNDAY, NOV. 2



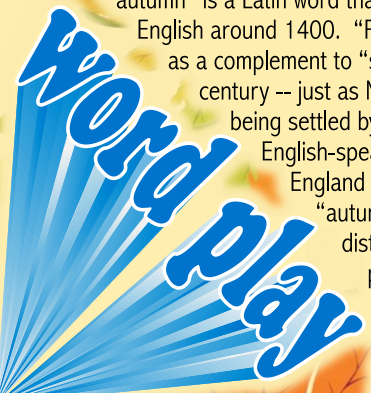
Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



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

Until about 1,000 years ago, English-speaking people thought of the year in two parts — the warm half and the cold half. The word “winter,” is 5,000 years old, and “summer” is a pretty old word, too. The word “spring” was in general use by the 1400’s, and “autumn” is a Latin word that also entered English around 1400. “Fall” came into use as a complement to “spring” in the 17th century — just as North America was being settled by the British. The English-speaking people in England mostly stuck with “autumn” while their distant cousins preferred “fall.” And that’s why, to this day, this is the only season we have two words for!

Monday, November 17

Breakfast
WG Frudel
Peach Cup
100% Fruit Juice
Michigan Milk

Lunch
Popcorn Chicken
w/Goldfish
Crackers
Green Beans
Fresh Fruit Bar
Michigan Milk

Tuesday, November 18

Breakfast
WG Benefit Bar
Fresh Apple
100% Fruit Juice
Michigan Milk

Lunch
Pancakes w/
Scrambled Eggs
Hash brown Patty
Fresh Fruit Bar
Michigan Milk

Wed., November 19

Breakfast
WG Pumpkin Roll
Fruit Cup
100% Fruit Juice
Michigan Milk

Lunch
Chicken Drumstick
w/Roll
Mashed Potatoes
w/Gravy
Sweet Corn
Cranberry Sauce
Michigan Milk

Thursday, Nov 20

Breakfast
WG Breakfast
Bun
Fresh Fruit
100% Fruit Juice
Michigan Milk

Lunch
Little Caesar’s
Pizza
Romaine Salad
Fresh Fruit Bar
Michigan Milk

Friday, Nov 21

Breakfast
Banana Bread
Diced Pears
100% Fruit Juice
Michigan Milk

Lunch
Walking Taco w/
Doritos
Refried Beans
Fresh Fruit Bar
Michigan Milk

Monday, Nov 24

Breakfast
WG Breakfast
Round
Fruit Cup
100% Fruit Juice
Michigan Milk

Lunch
Chicken Nuggets
w/SunChips
Baby Carrots
Fresh Fruit Bar
Michigan Milk

Tuesday, Nov 25

Breakfast
WG Cinnamon
Roll
Fresh Fruit
100% Fruit Juice
Michigan Milk

Lunch
Fettuccini Alfredo
w/Garlic Bread
Romaine Salad
Fresh Fruit Bar
Michigan Milk



THANKSGIVING!

ENJOY YOUR HOLIDAY!
SEE YOU MONDAY!

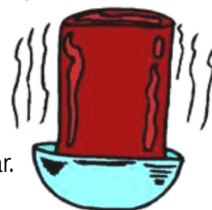
Default fruit.



What's on
YOUR
plate?



There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has “berry” right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¼ cup contains 6 teaspoons of sugar. That's an entire day's worth!



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

Yellow Watermelon?!



How about purple carrots?
White Asparagus? Pink bananas?
Blue corn?
Black tomatoes?!!!
Lots of fruits and veggies
come in colors you
might not be used to.
But they're still
delicious and good for you!