



Menus for November 2025

Redford Union School District—MacGowan School

USDA is an equal opportunity provider and employer. Menus are subject to change.

Monday, November 3

Breakfast

WG Cereal
Applesauce Cup
Michigan Milk

Lunch

WG Chicken
Nuggets
Baked Beans
Fresh Fruit Bar
Michigan Milk

Tuesday, November 4



**No School
Today**

*Make sure your
family votes!*

Wed., November 5

Breakfast

WG Waffle
Apple Slices
Michigan Milk

Lunch

WG Ham &
Cheese Sandwich
Potato Rounds
Fresh Fruit
Michigan Milk

Thursday, Nov 6

Breakfast

WG Pumpkin
Roll
Banana
Michigan Milk

Lunch

Little Caesar's
Pizza
Romaine Salad
Fresh Fruit
Michigan Milk

Friday, November 7

Breakfast

WG Banana Bread
Fresh Fruit
Michigan Milk

Lunch

WG Cheese Bosco
Sticks w/
Marinara Sauce
Steamed Broccoli
Fruit Cup
Michigan Milk

Monday, November

Breakfast

WG Cereal
Apple Sauce
Michigan Milk

Lunch

WG Chicken
Drummies
Baked Beans
Fresh Fruit
Michigan Milk

Tuesday, November

Breakfast

WG Waffle
Pear Cup
Michigan Milk

Lunch

WG Chicken
Patty on a WG
Bun
Honey Carrots
Fresh Fruit
Michigan Milk

Wed., November 12

Breakfast

WG Pumpkin
Bread
Fresh Fruit
Michigan Milk

Lunch

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

Thursday, Nov 13

Breakfast

WG Cereal
Fresh Banana
Michigan Milk

Lunch

Little Caesar's
Pizza
Romaine Salad
Fresh Fruit
Michigan Milk

Friday, November 14

Breakfast

WG Pancakes
Applesauce Cup
Michigan Milk

Lunch

Beef & Cheese
Nacho
Sweet Corn
Fresh Fruit
Michigan Milk

DON'T FORGET!

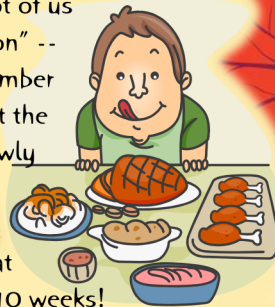


SUNDAY, NOV. 2



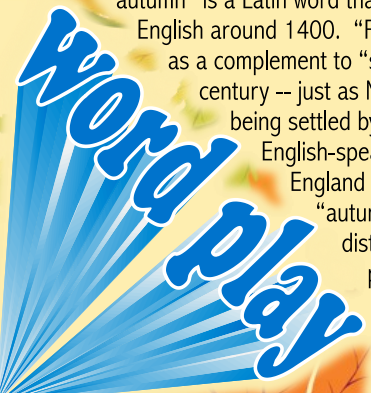
Season's Gr(EAT)ings.

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 Cereal
Peach Cup
Michigan Milk

Lunch
Popcorn
Chicken
Green Beans
Fresh Fruit
Michigan Milk

Tuesday, November 18

Breakfast
WG Muffin
Fresh Apple
Slices
Michigan Milk

Lunch
Macaroni & Cheese
Green Beans
Fresh Fruit
Michigan Milk

Wed., November 19

Breakfast
WG Pumpkin Roll
Fruit Cup
Michigan Milk

Lunch
WG Waffle w/ Chicken Finger
Potato Tots
Fresh Fruit
Michigan Milk

Thursday, Nov 20

Breakfast
WG Cereal
Fresh Banana
Michigan Milk

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

Friday, Nov 21

Breakfast
Banana Bread
Diced Pears
Michigan Milk

Lunch
Beef & Cheese Nacho
Refried Beans
Fresh Fruit
Michigan Milk

Monday, Nov 24

Breakfast
WG Cereal
Fruit Cup
Michigan Milk

Lunch
Chicken Nuggets w/Sun Chips
Honey Carrots
Fresh Fruit
Michigan Milk

Tuesday, Nov 25

Breakfast
WG Blueberry & Lemon Crackers
Fresh Fruit
Michigan Milk

Lunch
Mozzarella Cheese Sticks w/Marinara Sauce
Romaine Salad
Fresh Fruit
Michigan Milk

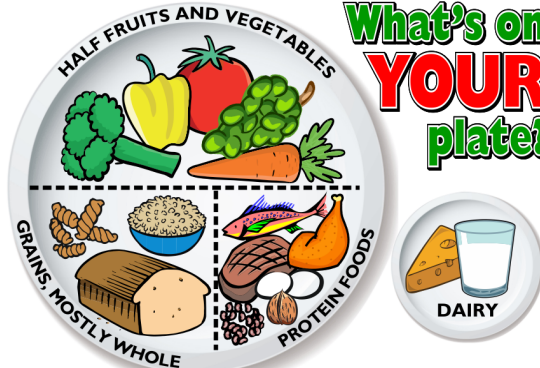


THANKSGIVING!

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!