MacGowan GSRP Meals October 2017

Redford Union School District

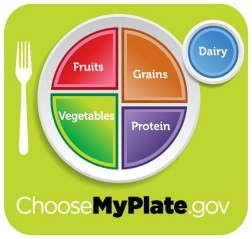
Nutrition Services Mission Statement: The staff of the Redford Union Schools Food Service Department believes good nutrition helps students learn. We are committed to the friendly service of safe and nutritious meals every school day.

Lunch Prices
Student Lunch $2.40

*All Student Lunches Include: One Entrée, Grain, Vegetable, Fruit and Choice of Milk. Assorted Fruits, Vegetables and Milk are offered daily.

Chef Salads & Grab 'n Go (Yogurt & String Cheese) Lunches are offered daily!

Students MUST take a Fruit or Vegetable.



ONLINE PAYMENTS
You may make lunch account payments at **www.redfordu.k12.mi.us** Log on to MISTAR Parent Portal and follow prompts to make an online payment.

"USDA is an equal opportunity provider and employer"

**Menu items may change due to availability.
Note: In the event that school is closed because of inclement weather, or other, the menu for returning day is the lunch that was cancelled.

Monday	Tuesday	Wednesday	Thursday	Friday
2 BREAKFAST Vanilla Yogurt & Strawberries White Milk LUNCH French Toast Sticks (V) w/Pork Sausage & Star Potatoes Fruit & White Milk	3 BREAKFAST Corn Flakes Cereal Fresh Apple Slices & White Milk LUNCH Beef Teriyaki Dippers w/Corn Bread Seasoned Corn Fruit & White Milk	4 BREAKFAST Blueberry Muffin Loaf Apple Sauce & White Milk LUNCH Pepperoni or Cheese Pizza (V) Carrot Sticks Fruit & White Milk	5 BREAKFAST Rice Chex Cereal Fresh Banana & White Milk LUNCH Chicken Tenders Potato Smiles Fruit & White Milk	6
9 BREAKFAST Original Bagel-ful Fruit & White Milk LUNCH Cheeseburger on a Bun Fruit & White Milk	10 BREAKFAST Cheerios Cereal Fresh Apple Slices & White Milk LUNCH Chicken Patty on a Bun Crinkle Cut Fries Fruit & White Milk	11 BREAKFAST Chocolate Chip Muffin Loaf Apple Sauce & White Milk LUNCH Popcorn Chicken Baked Beans Fruit & White Milk	12 BREAKFAST Kix Cereal Fresh Banana & White Milk LUNCH Bosco Cheese Sticks (V) w/Marinara Sauce Celery Sticks, Fruit & White Milk	13
16 BREAKFAST Vanilla Yogurt w/Blueberries White Milk LUNCH Maple Burst Pancakes (V) w/Danimal Yogurt & Star Potatoes Fruit & White Milk	17 BREAKFAST Rice Chex Cereal Fresh Apple Slices & White Milk LUNCH Turkey Ham Calzone/Hot Pocket Seasoned Corn Fruit & White Milk	18 BREAKFAST Strawberry Muffin Apple Sauce & White Milk LUNCH Chicken Nuggets Tater Tots Fruit & White Milk	19 BREAKFAST Pumpkin Bread Slice Fresh Banana & White Milk LUNCH Pepperoni or Cheese Pizza (V) Edamame Fruit & White Milk	20
23 BREAKFAST Cinnamon Bread Slice Fruit & White Milk LUNCH French Toast Sticks (V) w/Pork Sausage & Hash Brown Cubes Fruit & White Milk	24 BREAKFAST Rice Krispie Cereal Fresh Apple Slices & White Milk LUNCH Pizza Crunchers (V) w/Marinara Sauce Seasoned Corn, Fruit & White Milk	25 BREAKFAST Banana Muffin Loaf Apple Sauce & White Milk LUNCH Chicken Tenders Baked Beans Fruit & White Milk	26 BREAKFAST Cinnamon Bagel-ful Fresh Banana & White Milk LUNCH Chef Salad w/Turkey Ham, Cheese & Soft Breadstick Fruit & White Milk	27
30 BREAKFAST Vanilla Yogurt & Strawberries White Milk LUNCH Eggo Cinnamon Waffles (V) w/Cheese Stick & Star Potatoes Fruit & White Milk	31 BREAKFAST Corn Flakes Cereal Fresh Apple Slices & White Milk LUNCH Chicken Patty on a Bun Green Beans Fruit & White Milk	November 1 BREAKFAST Blueberry Muffin Loaf Apple Sauce & White Milk LUNCH Popcorn Chicken Ranch Fries Fruit & White Milk	2 BREAKFAST Rice Chex Cereal Fresh Banana & White Milk LUNCH Pepperoni or Cheese Pizza (V) Romaine Salad Fruit & White Milk	3