

THE DISH

* YOUR SCHOOL NUTRITION NEWSLETTER *



Staff Spotlight

A big thank you ALL of our School Nutrition staff! We are super excited to see familiar faces, and to welcome some new ones too. Looking forward to another great school year!

UPCOMING EVENTS

- * **WVMO Radio Segment**
September 4th
Listen in to 98.7 [The WVMO Show](#) to hear all about your MG School Nutrition Program with host, Jeff Robbins!
- * **“Go Orange!” Themed Lunch**
Tuesday, September 9th
Participate in Hunger Action Month by eating school lunch on Sept. 9th – featuring all **orange colored** foods!
- * **MGHS Back to School Night**
Wednesday, September 10th
Learn more about our School Nutrition program at the parent [back to school night](#) at MGHS from 6:30–8:00 pm!

SEPTEMBER IS HUNGER ACTION MONTH.

School Nutrition Spotlight

Eating Together, Growing Stronger

Welcome back Monona Grove students & families! The School Nutrition Department is excited to serve our students balanced meals again & continue to engage with our school community. We’d like to start out the school year by bringing light to [Hunger Action Month](#) this September. Did you know that school meals are one of the largest hunger relief [programs?](#) [Food insecurity](#) is in every community across the USA –

including ours. When more students join us for school breakfast and lunch, it strengthens our ability to serve the most nutritious meals to everyone—especially those who rely on us the most. Consider having your student(s) eat more meals at school, no matter their need. Be sure to join us on Hunger Action Day this September 9th by wearing orange and eating school lunch. Find out more about MG meal programs on our [website](#).

Message from the Dietitian

Hi! My name is Kori, I am the new Registered Dietitian at Monona Grove School District. You may recognize me from last year’s AmeriCorps Farm to School Program activities. I’m excited to enter my new role, supporting our students growth through food, nutrition education, and more!



Local Feature

A Farm Fresh School Year

This school year, we are moving away from the Harvest of the Month campaign, where we would typically highlight one locally grown menu item every Thursday for the entire month, and moving toward purchasing a variety of local

foods within a month. This will help us be more diverse in pairing local foods to our menu, while providing more flexibility! Look out for the TRACTOR icon on our pdf menus to find what produce or ingredients will be locally sourced!



Scan to find our September lunch & breakfast menus!

—featuring more local & scratch-made items

Last Month in Pictures



We were at the Cottage Grove Community Night Out! Attendees taste tested a new recipe & learned more about our programming!



Our production cooks recipe tested new scratch-made recipes, perfecting them for our lunch menu this school year.



Director of Urban Ag Education at Rooted, Brian Emmerson, shared about his community work, and our new partnership, at our staff training day!



Madison College Culinary student intern, David, trained staff on how to enhance their knife skills at our Back to School training day.



Monona Grove School District

Culinary Corner

Scratch Recipe Feature

This school year, we will be using blue corn tortilla chips, locally grown and produced from Blue Farms, in Janesville, WI. We are excited that they will be served regularly on our nacho & taco days. Pair them with our new [Pineapple Salsa recipe!](#) A sweet, salty, mildly spicy spin off of pico de gallo. This recipe was created for the taste test at the CG Community Night Out and is delish. Look for it on our lunch menu, or try it at home.

SAVE THE DATE!

Our Fall Community Dinner will be October 15th 5-7 pm at Monona Grove High School

- all families are welcome!!
- [RSVP HERE!](#)



Get Involved!

Interested in student health & wellness across the district? Consider joining the Wellness Committee, a committee that reviews the Local School Wellness Policy, coming soon!

