

THE DISH

* YOUR SCHOOL NUTRITION NEWSLETTER *



Staff Spotlight

Thank you to the Winnequah kitchen team for their enthusiasm and teamwork during the first month of school! Here they are participating in the "Go Orange" themed lunch on 9/9 for Hunger Action Day.



First Community Dinner at Cottage Grove School, October 2024

School Nutrition Spotlight

Eating Local, Growing Communities

October is [National Farm to School Month!](#) This month is dedicated to highlighting local agriculture, school gardening, local food purchasing, and nutrition education in school districts. Schools at Monona Grove are actively involved with farm to school programming throughout the school year. We have staff & parents volunteering in school gardens, garden & nutrition education & locally grown produce

offered weekly on our menus. These are just some examples of how we are dedicated to providing students with life long knowledge & skills. You can celebrate Farm to School Month this October by eating school lunch, supporting these opportunities for our students, or joining us at our events like the [Fall Community Dinner](#) on October 15th at MGHS from 5-7 pm!

UPCOMING EVENTS

* **Great Apple Crunch**
Thursday, October, 9th



Crunch with us on local apples from Pleasant Springs Orchard at lunch in this [state campaign!](#) (Students & staff must participate in school lunch to get a local apple.)

* **National School Lunch Week**
October 13-17th

Celebrate the School Nutrition department by eating school lunch this week! Check out our [lunch menu](#) for daily themes! (Learn more about the week's history [here.](#))

* **Fall Community Dinner**
Wednesday, October 15th

A FREE event for all families to dine with us featuring local foods & student-led activities. Come learn more about our meal program, and partnerships!

Message from the Dietitian

I'm grateful for our hard-working School Nutrition staff members who feed MG students a balanced meal every day. It's rewarding to know that our work makes a difference. I'm honored to play a part in Farm to School activities & celebrations in our schools. I hope you & your student(s) join us for this month's festivities!



Local Feature

Our Blossoming Partner

This summer we established a new local partnership with [Rooted](#), a local non-profit organization dedicated to community connections and urban agriculture. In September, we purchased 640 pounds of surplus produce grown at Troy Farm

from Rooted! We could not be more proud to source locally. Come learn more and meet the team from Rooted at our Community Dinner on October 15th at MGHS.



School Nutrition spent \$6,900 on local food for school meals in September!

Discover more local produce, like this broccoli, offered on our [menus!](#)

Last Month in Pictures



Lori and Patti show their spirit in "Go Orange" gear for Hunger Action Day in the Granite Ridge kitchen.



A lunch tray featuring our "Go Orange" meal served at Monona Grove High School on September 9th!



MGHS students taste tested different mac & cheese options, voting on their favorite recipe for the menu.



The MG team processed local heirloom tomatoes from Rooted's Troy Farm to make marinara sauce for our community dinner!



Monona Grove School District

Culinary Corner

Themed Menu Days

NEW this school year! Each school kitchen will host a themed menu day 3 times this school year, one during each season, indicated on the printable menus. This is an effort to create a positive & fun food environment for our schools. Keep an eye out for these fun themes! ALL MG schools will have Game Day Grub during Homecoming Week! Stadium wrapped hot dogs, bagged popcorn, and other game day "tailgate" essentials served at lunch!



SAVE THE DATE! FREE EVENT!

**Fall Community Dinner
Wednesday, October 15th 5-7 pm
at Monona Grove High School**

- all families are welcome!!
- **RSVP TODAY!**



Get Involved!

The [MG School Nutrition webpage](#) has a new look! Learn more about our programming, what's on the menu, or provide us with feedback!

