



LEARN MORE

September Breakfast Menu - MGHS & GDS



	MON	TUE	WED	THU	FRI
WEEK OF 9/1	<i>Available Daily:</i> String Cheese Choice of Fruit 100% Juice Choice of Milk	First Day of School WG Pancake on a Stick OR Choice of WG Grain Cold Breakfast Options	Cheese Omelet w/Local Pork Sausage Links OR Choice of WG Grain Cold Breakfast Options 	Yogurt Parfait w/Homemade Granola OR Choice of WG Grain Cold Breakfast Options 	Breakfast BEC* Sandwich OR Choice of WG Grain Cold Breakfast Options *BEC = Bagel, Egg, & Cheese 
WEEK OF 9/7	No School	WG Pancake on a Stick OR Choice of WG Grain Cold Breakfast Options	Hot Honey Sandwich on WG Biscuit OR Choice of WG Grain Cold Breakfast Options 	Yogurt Parfait w/Homemade Granola OR Choice of WG Grain Cold Breakfast Options 	Breakfast BEC* Sandwich OR Choice of WG Grain Cold Breakfast Options *BEC = Bagel, Egg, & Cheese 
WEEK OF 9/14	Breakfast Pizza on WG Crust OR Choice of WG Grain Cold Breakfast Options	WG Pancake on a Stick OR Choice of WG Grain Cold Breakfast Options	Cheese Omelet w/Local Pork Sausage Links OR Choice of WG Grain Cold Breakfast Options 	Yogurt Parfait w/Homemade Granola OR Choice of WG Grain Cold Breakfast Options 	Breakfast BEC* Sandwich OR Choice of WG Grain Cold Breakfast Options *BEC = Bagel, Egg, & Cheese 
WEEK OF 9/21	Breakfast Pizza on WG Crust OR Choice of WG Grain Cold Breakfast Options	WG Pancake on a Stick OR Choice of WG Grain Cold Breakfast Options	Hot Honey Sandwich on WG Biscuit OR Choice of WG Grain Cold Breakfast Options 	Yogurt Parfait w/Homemade Granola OR Choice of WG Grain Cold Breakfast Options 	No School
WEEK OF 9/28	Breakfast Pizza on WG Crust OR Choice of WG Grain Cold Breakfast Options	WG Pancake on a Stick OR Choice of WG Grain Cold Breakfast Options	Cheese Omelet w/Local Pork Sausage Links OR Choice of WG Grain Cold Breakfast Options 	Yogurt Parfait w/Homemade Granola OR Choice of WG Grain Cold Breakfast Options 	Breakfast BEC* Sandwich OR Choice of WG Grain Cold Breakfast Options *BEC = Bagel, Egg, & Cheese 

Menu items are subject to change based on availability. This institution is an equal opportunity provider.

Welcome to the 2026-27 School Year! We'd love to have you eat meals with us!



Did you know?
September is Hunger Action Month!



What is Hunger Action Month?

Occurring every September, Hunger Action Month is a nationwide movement led by Feeding America and its associated food banks. The goal of this campaign is to raise awareness of hunger and inspire action to end hunger in the United States.

Go ORANGE Day!

We're going orange for Hunger Action Day! On September 29th, every menu offering will be a shade of orange. Raise awareness to end hunger by eating lunch and wearing orange with us on Sept 29th!

F/R Priced Meals

If you think your family may qualify for free or reduced-price meals, we encourage you to fill out an application. A new application is needed each school year, so even if you applied before, you'll want to complete one again this year.

Hunger Relief

School meals are a vital hunger relief program. Every day, 29.7 million students eat school lunch and 15.5 million eat school breakfast nationwide. Because school meal programs are completely self-funded, each meal purchased helps improve the program for all students. Even if your family does not experience food insecurity, your participation in school meals strengthens the program and supports those who rely on it most.

Additional Information

Check out more Hunger Action Month activities [here](#) (brought to you by our local food bank, Second Harvest).

Learn more at
feedingamerica.org

Silvery Eagle Food Pantry

In partnership with student organizations at MGHS, we are happy to announce the opening of a school food pantry this fall! Students will be able to select food during designated hours in the day. More information to come!

Thank you to the 2026 Tamara D. Grigsby
Dane County Civil Rights
Department Partners in Community (PIC)
Food Grant Program.

