



October Breakfast Menu - MGHS & GDS



	MON	TUES	WED	THU	FRI
WEEK OF 10/5	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 (local yogurt) OR Choice of WG Grain Cold Breakfast Options  	Breakfast BEC* Sandwich OR Choice of WG Grain Cold Breakfast Options <i>*BEC = Bagel, Egg, & Cheese</i> 
WEEK OF 10/12	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 (local yogurt) OR Choice of WG Grain Cold Breakfast Options  	No School
WEEK OF 10/19	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 (local yogurt) OR Choice of WG Grain Cold Breakfast Options  	Breakfast BEC* Sandwich OR Choice of WG Grain Cold Breakfast Options <i>*BEC = Bagel, Egg, & Cheese</i> 
WEEK OF 10/26	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 (local yogurt) OR Choice of WG Grain Cold Breakfast Options  	Breakfast BEC* Sandwich OR Choice of WG Grain Cold Breakfast Options <i>*BEC = Bagel, Egg, & Cheese</i> 

Key: WG = Whole Grain;  Tractor = Local Product;  Whisk = Scratch-made Product

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!

This October we have lots of school spirit & celebrations!



Celebrate National Farm to School Month all month long this October!

National Farm to School Month is a dedicated month to celebrate food education, school gardens, and local food purchasing in school meal programs. Monona Grove's School Nutrition department dedicates dollars towards locally grown produce when available - which results in healthier, fresher meals for students, and economic support for farmers in our community. Check out our menu for locally sourced food items served in our programs, with the tractor icon!



National School Lunch Week



Celebrate National School Lunch Week with us from October 12-15th by getting school lunch!

We are celebrating this week along side Homecoming Week for all-day fun and school spirit. School nutrition staff are excited to share this week with students! Remember to thank your school kitchen staff for all of their hard work in feeding students every day!

The Great Apple Crunch



The Great Apple Crunch is on Thursday, October 8th this year; an annual state campaign by the UW-Extension Health and Wellbeing Institute to promote local food purchasing in school meal programs. Participate in school lunch on this day to "Crunch" on a local apple we sourced from Pleasant Springs Orchard!

**LOCAL
FARMER
FEATURE**

Pleasant Springs Orchard

Stoughton, WI

Avg. distance from our schools: only 9 miles!

Warren Ravenscroft
Owner/Farmer

Pleasant Springs Orchard is a family-owned Orchard and Farm, located just outside of Madison, WI.
Fresh Apples are their Specialty!
They grow more than 70 different varieties!

Monona Grove will be featuring their apples in October on our school lunch menu and for the Great Lakes Apple Crunch!

www.pleasantspringsorchard.com