



# October MGHS & MG21 Menu



|                                                                | MON                                                                                                                                                                                                                                                       | TUES                                                                                                                                                                                                                                                                                               | WED                                                                                                                                                                                                                                                  | THU                                                                                                                                                                                                                                                                                                                       | FRI                                                                                                                                                                                                                                 |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>WEEK OF 10/5</b>                                            | Baked Chicken Nuggets w/ WG Dinner Roll<br>Garlicky Green Beans<br>Fresh Celery Sticks<br>Warm Cinnamon Apples                                                                                                                                            | WG French Toast Sticks w/Local Pork Sausage Links<br>WG Goldfish Grahams<br>Fresh Baby Carrots<br>Dragon Veggie Juice<br>Blueberries                                                                              | Signature Pizza<br>Seasoned Peas<br>Fresh Red Pepper Strips<br>100% Fruit Juice Cup                                                                                |  <b>GREAT APPLE CRUNCH</b><br>Pork Carnitas Bowl w/ WG Cilantro Lime Rice<br>Fiesta Black Beans<br>Elote ( <i>esquites</i> )<br>Local Whole Apples  | Chicken Parm over WG Rotini<br>Ranch Roasted Broccoli<br>Fresh Grape Tomatoes<br>Mandarin Oranges                                                |
| <b>WEEK OF 10/12</b><br><br><b>National School Lunch Week!</b> | <b>HOMECOMING GAME DAY GRUB</b><br>Hot Dog on a WG Bun<br>Soft Mini Pretzel<br>Baked Beans<br>Fresh Baby Carrots<br>100% Fruit Juice Slushie<br>Mini Rice Krispie Treat  | <b>FAN FAVORITES DAY</b><br>Orange Chicken over Steamed Golden Rice<br>Steamed Broccoli<br>Fresh Cucumber Slices<br>Pineapple Tidbits<br>Fortune Cookie                                                           | <b>NEW MENU ITEM DAY</b><br>"Pick Your Chick!"(en) Patty Sandwich<br>Warm Butter Carrots<br>Fresh Celery Sticks<br>Blueberries<br><b>NEW Homemade Pumpkin Bar</b>  | <b>WISCONSIN LOCAL MENU DAY</b><br>WG Rotini w/Homemade Local Beef Meatsauce<br>WG Garlic Bread<br>Caesar Romaine Salad*<br>Fresh Grape Tomatoes<br>Local Fresh Apple Slices                                                           | No School<br><br><br><i>*local greens if available</i>                                                                                                                                                                              |
| <b>WEEK OF 10/19</b>                                           | No School                                                                                                                                                                                                                                                 | Popcorn Chicken Mashed Potato Bowl<br>w/ WG Dinner Roll<br>Seasoned Corn<br>Fresh Cucumber Slices<br>100% Fruit Juice Cup                                                                                                                                                                          | Homemade Grilled Cheese Sandwich w/Tomato Soup<br>Cheddar Goldfish Crackers<br>Seasoned Peas<br>Fresh Baby Carrots<br>Strawberries                              | Soft Shell Tacos w/Homemade Beef Taco Filling & Spanish Rice<br>Cheesy Refried Beans<br>Fresh Red Pepper Strips<br>Homemade Pineapple Salsa<br>Craisins                                                                              | Signature Pizza<br>Honey Glazed Carrots<br>Ranch Romaine Salad<br>Diced Pears                                                                  |
| <b>WEEK OF 10/26</b>                                           | Baked Chicken Tenders<br>WG Sun Chips<br>Seasoned Corn<br>Moroccan Carrot Salad<br>Blueberries                                                                         |  Homemade Butter Chicken over Steamed Brown Rice<br>Steamed Broccoli<br>Fresh Red Pepper Strips<br>Fresh Local Apple Slices  | Cheese Pizza Dippers w/Pizza Sauce<br>Roasted Ratatouille w/Local Potatoes<br>Fresh Sugar Snap Peas<br>Fresh Orange Wedges                                      | Build-A-Burger Bar<br>Baked Seasoned Fries<br>Baked Beans<br>Fresh Baby Carrots<br>Applesauce Cup                                                                                                                                                                                                                         | Baked Chicken Drumstick w/Homemade Mac & Cheese<br>Seasoned Mixed Veggies<br>Fresh Cucumber Slices<br>Strawberries<br>Triple Chocolate Cookie  |
| <b>COLD LINE OPTIONS</b>                                       | Silver Eagle Sub Combo<br>Chicken Caesar Salad<br>PB&J Combo<br>Parfait Combo<br>Pizza Combo (MGHS only)                                                                                                                                                  | Chicken Caesar Wrap Combo<br>Chef Salad<br>PB&J Combo<br>Parfait Combo<br>Pizza Combo (MGHS only)                                                                                                                                                                                                  | Banh Mi Fusion Sub Combo<br>Popcorn Chicken Salad<br>PB&J Combo<br>Parfait Combo<br>Pizza Combo (MGHS only)                                                                                                                                          | Cali Turkey Wrap Combo<br>Chef Salad<br>PB&J Combo<br>Parfait Combo<br>Pizza Combo (MGHS only)                                                                                                                                                                                                                            | Chicken Bacon Ranch Wrap<br>Chicken Caesar Salad<br>PB&J Combo<br>Parfait Combo<br>Pizza Combo (MGHS only)                                                                                                                          |

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 12-15<sup>th</sup> 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 8<sup>th</sup> 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](http://www.pleasantspringsorchard.com)