November Breakfast Menu - MGHS & GDS

	MON	TUES	WED	THU	FRI
WEEK OF 11/2	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 *BEC = Bagel, Egg, & Cheese
WEEK OF 11/9	No 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 (local yogurt) 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 11/16	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 *BEC = Bagel, Egg, & Cheese
WEEK OF 11/23	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	No School	No School	No School

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.

Thanks for eating with us!
Monona Grove School Nutrition

Cranberries are the state fruit of Wisconsin!



Celebrate Wisconsin Local Food Day on Thursday, November 12th

Join us for lunch on Thursday, November 12th to have homemade cranberry sauce, using locally grown cranberries!

This is just one farm to school event that our nutrition program participates in each school year.

Did You Know?

About 60% of all cranberries grown in the United States come from Wisconsin!

Cranberries are the top fruit crop grown and sold in Wisconsin.

Cranberries are an indigenous food.

Cranberry Fun Fact:

Cranberries do not grow under water! Instead they grow on vines in a bog.

Farmers will flood the bog with more water when the cranberries are ready to be harvested because..

Raw cranberries have air pockets inside them that let them float on water!

CRANBERRY

Hoocąke / Piakemenan / Mashkiigimin / O'nunátsyal / Bokmenen
Ho-Chunk / Menominee / Ojibwe / Oneida / Potawatomi