November Elementary - Winnequah Menu

	MON	TUES	WED	THU	FRI
WEEK OF 11/2	Hot Dog on a WG Bun Baked Tater Tots Fresh Baby Carrots Strawberries	Orange Chicken over Steamed Golden Rice Steamed Broccoli Edamame Pineapple Tidbits	WG Cheese Pizza Slice Seasoned Mixed Veggies Fresh Celery Sticks Diced Pears	WG Rotini w/ Homemade Beef Meat Sauce Garlicky Green Beans Ranch Romaine Salad Fresh Local Apple Slices	NEW Hamburger or Cheeseburger on a WG Bun **Zucchini Parmesan** Fresh Red Pepper Strips Craisins
WEEK OF 11/9	No School	Baked Chicken Tenders WG Dinner Roll Baked Beans Fresh Celery Sticks 100% Fruit Juice Cup	Deep Dish Cheese Pizza Seasoned Peas Fresh Grape Tomatoes Mandarin Oranges	**WI Local Food Day** Fluffy WG Pancakes w/ Local Pork Sausage Links Baked Hash Brown Patty 100% Veggie & Fruit Juice Blend Blueberries Homemade Cranberry Sauce (local cranberries)	Baked Chicken Drumstick WG Mini Cornbread Loaf Roasted Sweet Potatoes Fresh Cucumber Slices Fresh Local Apple Slices
WEEK OF 11/16	**Friendship Bracelet Day!** WG Grilled Cheese w/WG SunChips Honey Glazed Carrots Fresh Celery Sticks 100% Fruit Juice Slushie	Cheesy Mini Calzones w/Pizza Sauce Steamed Broccoli Fresh Baby Carrots Strawberries Mini Rice Krispie Treat	Cheese Pizza Dippers w/Pizza Sauce Ranch Romaine Salad Fresh Grape Tomatoes w/Homemade Ranch Diced Peaches	Beef Nachos w/Homemade Taco Filling & Tortilla Chips Cheesy Refried Beans Shredded Lettuce Homemade Pineapple Salsa 100% Fruit Juice Cup	Popcorn Chicken over Mashed Potatoes WG Dinner Roll w/Butter Seasoned Corn Fresh Cucumber Slices Fresh Orange Wedges
WEEK OF 11/23	Baked Chicken Nuggets Seasoned Corn Fresh Baby Carrots Applesauce Cup	WG French Toast Sticks w/Local Pork Sausage Links Fresh Celery Sticks 100% Veggie & Fruit Juice Blend Blueberries	No School	No School	No School

Key: WG = Whole Grain; Tractor = Local Product **if available; 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