November MGHS & MG21 Menu

	MON	TUES	WED	THU	FRI
WEEK OF 11/2	Baked Chicken Nuggets w/ WG Dinner Roll Honey Glazed Carrots Fresh Celery Sticks Strawberries	Orange Chicken over Steamed Golden Rice Steamed Broccoli Edamame Mandarin Oranges Fortune Cookie	Signature Pizza Seasoned Peas Fresh Baby Carrots Pineapple Tidbits	NEW Build-A-Burger Bar on a WG Bun Baked Seasoned Fries Baked Beans Fresh Red Pepper Strips Diced Peaches	Chicken Parm over WG Rotini **Zucchini Parmesan** Caesar Romaine Salad Fresh Local Apple Slices Homemade Pumpkin Bar
WEEK OF 11/9	No School	Cheese Pizza Dippers w/Pizza Sauce Seasoned Mixed Veggies Fresh Baby Carrots Applesauce Cup	Pork Carnitas Bowl w/ WG Cilantro Lime Rice Fiesta Black Beans Elote *(esquites)* Mandarin Oranges	**WI Local Food Day** WG French Toast Sticks w/Local Pork Sausage Links WG Goldfish Grahams Roasted Sweet Potatoes Dragon Veggie Juice Blueberries Homemade Cranberry Sauce (local cranberries)	Pasta Bar over WG Rotini WG Garlic Bread Fresh Grape Tomatoes Fresh Cucumber Slices 100% Fruit Juice Slushie
WEEK OF 11/16	Mini Corn Dogs w/ Baked Tater Tots Baked Beans Fresh Celery Sticks Strawberries	Cheese Pizza Dippers w/Pizza Sauce Seasoned Corn Fresh Grape Tomatoes 100% Fruit Juice Cup	Original or Spicy Chicken Patty Sandwich on a WG Bun Warm Seasoned Carrots Ranch Romaine Salad Fresh Orange Wedges	Nacho Bar w/Homemade Beef Taco Filling & Top & Go Chips Cheesy Refried Beans Fresh Red Pepper Strips Homemade Pineapple Salsa Craisins	Signature Pizza Seasoned Mixed Veggies Fresh Cucumber Slices Diced Pears
WEEK OF 11/23	Baked Chicken Tenders WG Sun Chips Seasoned Peas Fresh Baby Carrots Applesauce Cup	Popcorn Chicken Mashed Potato Bowl w/WG Dinner Roll Seasoned Corn Fresh Celery Sticks Blueberries	No School	No School	No School
COLD LINE OPTIONS	Silver Eagle Sub Combo Chicken Caesar Salad PB&J Combo Parfait Combo Pizza Combo (MGHS only)	Chicken Caesar Wrap Combo Chef Salad PB&J Combo Parfait Combo Pizza Combo (MGHS only)	NEW Banh Mi Fusion Sub Combo Popcorn Chicken Salad PB&J Combo Parfait Combo Pizza Combo (MGHS only)	Mediterranean Veggie Wrap Chef Salad PB&J Combo Parfait Combo Pizza Combo (MGHS only)	Chicken Bacon Ranch Wrap Chicken Caesar Salad PB&J Combo Parfait Combo Pizza Combo (MGHS only)

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