

Messmer Catholic Schools Elementary Lunch Menu



All students receive Free Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Nuggets
Dinner Roll
Steamed Green Beans
Fresh Baby Carrots

Toasty Grilled Cheese
Steamed Broccoli
Fresh Popeye Salad
Applesauce

Tatar Tot Hot Dish
Dinner Roll
Fresh Baby Carrots
Chilled Diced Peaches

Cheese Quesadilla
Cilantro Lime Rice
Pinto Beans
Shredded Romaine
Diced Tomatoes Salsa

Turkey Sandwich
Shredded Lettuce
Sliced Tomatoes
Sweet Potato Fries
Applesauce

Chicken Ala King
over a Biscuit
Seasoned Green Beans
Crunchy Baby Carrots
Mixed Up Fruit

All Beef Hot Dog
on a Whole Grain Bun
Baked Beans
Potato Wedges
Juicy Diced Peaches

Sweet & Sour Chicken Nuggets
Brown Rice
Orange Glazed Carrots
Fresh Broccoli Trees
Chilled Diced Pears

Cheesy Baked Ziti
Garlic Breadstick
Baby Carrots
Steamed Broccoli



Spring Break



Homemade Mac & Cheese
Golden Breadstick
Steamed Broccoli
Fresh Grape Tomatoes
Mandarin Oranges

Crispy Chicken Bowl
Mashed Potatoes
Corn
Baby Carrots

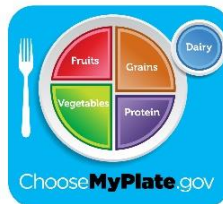
Chicken Alfredo over Pasta
Garlic Breadstick
Fresh Popeye Salad
Green Beans
Chilled Diced Peaches

Walking Taco
Spanish Rice
Mexi-Corn Black Beans
Crisp Romaine Lettuce
Salsa
Mixed Fruit

Cheese Pizza
Crisp Garden Salad
Steamed Carrots
Diced Pears

Cheeseburger on a Bun
Potato Wedges
Baby Carrots
Chilled Diced Peaches

Chicken Fajita
Pinto Beans
Shredded Lettuce
Diced Tomatoes
Salsa
Diced Pears



California grows the most avocados in the United States.



Lunch

Did you know???
Messmer offers

“Universal Free Lunch”

to all students

Adult Lunch \$3.60
Milk \$0.40

Info

Our daily lunch menu follows the NSLP guidelines
A complete meal consists of:
Choice of Entrée, Whole Grain, Fruit, Vegetable
& Skim or Fat Free Chocolate Milk
Choose at least 3 of 5 foods
1 must be a fruit or vegetables.

Menus are subject to change without notice

FFVP

All Students participate in the Fresh Fruit & Vegetable Program Served in their classroom during the school day.