

Messmer High School
Lunch Menu

Lunch is FREE to All Students



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Fajitas 3
Shredded Lettuce
Diced Tomatoes
Pinto Beans Salsa
Tropical Fruit Salad
or Fresh Fruit

Toasty Meatball Sub 4
Tator Tots
Seasoned Corn
Fresh Broccoli
Sliced Pears or
Fresh Fruit

Chicken Cacciatore 5
Dinner Roll
Green Beans
Celery Sticks
Mandarin Oranges
or Fresh Fruit

Build your own Burger 6
Lettuce & Tomato
Sweet Potato Fries
Chilled Peaches
or Fresh Fruit

Pizza Dippers 9
w Marinara Sauce
Green Beans
Fresh Veggies & Dip
Chilled Pineapple
or Fresh Fruit

Mini Corn Dogs 10
Baked Beans
Tangy Coleslaw
Sweet Potato Fries
Applesauce
or Fresh Fruit

Soft Shell Taco 11
w/ Cheese- Shredded
Romaine Lettuce
Diced Tomatoes Salsa
Black Bean Relish
Mixed Fruit
or Fresh Fruit

BBQ Chicken Drummie 12
Dinner roll
Roasted Potatoes
Steamed Broccoli
Baby Carrots
Sliced Pears

Sriracha Honey Lo Mein Bowl 13
Oriental Stir Fry
Vegetables
Mandarin Oranges
or Fresh Fruit

Grilled Cheese 16
Tomato Soup
Fresh Veggies & Dip
Pineapple Tidbits
or Fresh Fruit

Chicken Nuggets 17
Dinner Roll
Steamed Green Beans
Fresh Baby Carrots
Chilled Peaches
or Fresh Fruit

Cheese Quesadilla 18
Shredded Lettuce
Diced Tomatoes Salsa
Pinto Beans
Mexican Street Corn
Sliced Pears
or Fresh Fruit

Baked Potato w/Chili 19
Dinner Roll
Steamed Broccoli
Mixed Fruit
or Fresh Fruit

Chicken Caesar Wrap 20
Potato Wedges
Baby Carrots
Mandarin Oranges
or Fresh Fruit

Chicken Philly Hoagie 23
Seasoned Green Beans
Fresh Broccoli
Sliced Peaches
or Fresh Fruit

Jerk Chicken 24
Jamaican Brown Rice
Pinto Beans
Seasoned Corn
Pineapple Chunks
or Fresh Fruit

Chicken a la King over a Biscuit 25
Smashed Yukon
Potatoes
Crunchy Baby Carrots
Tropical Fruit
or Fresh Fruit

Sweet n Sour Chicken Nuggets over Brown Rice 26
Orange Glazed Carrots
Fresh Broccoli
Applesauce
or Fresh Fruit

Meatball Marinara over Pasta 27
Garlic Breadstick
Steamed Broccoli
Baby Carrots
Mixed Up Fruit
or Fresh Fruit

All Beef Hot Dog 30
Toasty Tator Tots
Baked Beans
Mandarin Oranges
Fresh Fruit Choice

Beets come in a variety of colors red, purple, golden, white & bull's eye



Beets are low in calories and are great sources of Vitamin C, fiber and potassium. The greens attached to the beet roots are edible and nutritious



Info
Our daily lunch menu follows the NSLP guidelines. Lunch includes a Choice of Entrée, Whole Grain, Vegetable, Fruit & Milk. To make a complete meal choose at least 3 of 5 items. Your lunch must include a fruit and/or vegetable

The Grille
Grilled to Perfection
Alternate Entrée Choice
Cheese Burger
Chicken or Buffalo
Chicken Sandwich

Bravo
Pizzeria
Alternate Entrée Choice
Cheese Pepperoni
Sausage

The Deli
Freshly Made Subs
Alternate Entrée Choice
Turkey Ham
Turkey Ham

GOOD to GO
Fresh Today
Alternate Entrée Choice
Garden Salad
Caesar Salad
Chicken Caesar
Spinach Salad
Chef Salad

Menu are Subject to Change without notice