

October 2025

Messmer High School

TO MAKE IT A MEAL, SELECT UP TO 1 FRUITS AND/OR VEGETABLES.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Burrito Sausage/ Warm Muffin Juice Choice Milk Choice	02 Golden Waffles/ Cinni Mini Juice Choice Milk Choice	03 No School!
06 No School!	07 Stuffed French Toast Bake/ Turkey Biscuit Juice Choice Milk Choice	08 Frosted Cinnamon Rolls/ Breakfast Banana Split Juice Choice Milk Choice	09 Yogurt Parfait/ WG Cereal Juice Choice Milk Choice	10 Ham & Cheese Muffinwich/ Berry Patch Smoothie Juice Choice Milk Choice
13 Golden Waffles/ Breakfast Toaster Juice Choice Milk Choice	14 Chicken Biscuit/ Bento Bites Box Juice Choice Milk Choice	15 Burrito Sausage/ Warm Muffin Juice Choice Milk Choice	16 Turkey Sausage Waffle Sandwich/ Cinni Mini Juice Choice Milk Choice	17 Egg & Cheese Muffinwich/ WG Cereal Juice Choice Milk Choice
20 Breakfast Toaster/ Donut Ring Juice Choice Milk Choice	21 Turkey Sausage Biscuit/ Bagel WG Juice Choice Milk Choice	22 Frosted Cinnamon Rolls/ Breakfast Banana Split Juice Choice Milk Choice	23 Turkey Sausage Pancake Sandwich/ Apple Frudel Juice Choice Milk Choice	24 Ham & Cheese Muffinwich/ Berry Patch Smoothie Juice Choice Milk Choice
27 WG Pancake Turkey Sausage Cheesy Eggs/ Breakfast Toaster Juice Choice Milk Choice	28 Breakfast Pizza/ Chicken Biscuit Juice Choice Milk Choice	29 Frosted Cinnamon Rolls/ Breakfast Banana Split Juice Choice Milk Choice	30 Golden Waffles/ Cinni Mini Juice Choice Milk Choice	31 Egg & Cheese Muffinwich/ WG Cereal Juice Choice Milk Choice



BeWell Healthy Choice menu options

Vegetarian, Ovo-Lacto ; May Contain Eggs and Milk

Local: Nutrition Services Supports our Area Farmers

* All menu items meet whole grain rich menu requirements

May be subject to amendment to reflect updated federal and state regulations.

This institution is an equal opportunity provider. Please notify your manager if you have any special dietary needs. Please inform the server of any major food allergy you may have before placing an order. When necessary, we will make an appropriate recommendation or substitution. Elio North America