

November 2025

Messmer High School

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 French Toast Sticks, Cheesy Eggs, Tater Tots Cucumber Slices Banana Peach Slices Milk Choice	04 Creamy Chicken Alfredo Garlic Breadstick Seasoned Carrots Red Delicious Apple Sliced Pears Milk Choice	05 Pizza Extravaganza Mixed Vegetables Granny Smith Apple Mixed Fruit Milk Choice	06 Beef Picadillo Mashed Potatoes Baby Carrots Gala Apple Apple Sauce Milk Choice	07 Warm Chicken Buffalo Hoagie Baked Campfire Beans Mixed Fruit Milk Choice
10 Crispy Chicken Bowl Garlic Breadstick Cucumber Slices Banana Peach Slices Milk Choice	11 Nacho Bar Beef & Nacho Cheese Refried Beans Red Delicious Apple Sliced Pears Milk Choice	12 Chicken Teriyaki Brown Rice 5 Spice Seasoned Broccoli Granny Smith Apple Mixed Fruit Milk Choice	13 Beef Picadillo Mashed Potatoes Baby Carrots Gala Apple Apple Sauce Milk Choice	14 No School!
17 Golden Waffle Cheesy Eggs Tater Tots Cucumber Slices Banana Peach Slices Milk Choice	18 Spaghetti w/ Meat Sauce Garlic Breadstick Seasoned Carrots Red Delicious Apple Sliced Pears Milk Choice	19 Sweet & Sour Meatballs Brown Rice 5 Spice Stir Fry Vegetables Granny Smith Apple Mixed Fruit Milk Choice	20 WG Chicken Tenders BBQ Sauce Seasoned Corn Gala Apple Apple Sauce Milk Choice	21 Pizza Sticks Marinara Sauce Baked Campfire Beans Mixed Fruit Milk Choice
24 Chicken Leg Rotisserie Sweet Waffle Fry Cucumber Slices Banana Peach Slices Milk Choice	25 Nacho Bar Beef & Nacho Cheese Refried Beans Red Delicious Apple Sliced Pears 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.

Elior North America