

FEBRUARY 2025

Regis Middle/High School Meals
Grab N' Go Breakfast and Lunch

This Institution is an equal opportunity provider. Menus are subject to change.

Monday

Grab & Go **3**
*Minni Cinni's
Cheese Stick/100% Juice and Fresh Fruit
Lunch
*Hamburger on a Bun
Whipped Potatoes
Cherry Tomatoes
Mixed Fruit/Oranges Wedges

Grab & Go **10**
*Breakfast Bread
Cheese Stick/100% Juice and Fresh Fruit
Lunch
*Chicken Smackers
Baked Beans
Broccoli Florets/Cherry Tomatoes
Mandarin Oranges/Fresh Apple

Grab & Go **17**
*Minni Cinni's
Cheese Stick/100% Juice and Fresh Fruit
Lunch
*Hamburger on a Bun
Baked Tator Tots
Steamed Carrots
Chilled Pears/Fresh Apple

Grab & Go **24**
*Breakfast Bread
Cheese Stick/100% Juice and Fresh Fruit
Lunch
*BBQ Pulled Pork Sandwich
Baked Beans
Mixed Vegetables
Applesauce/Orange Wedges

Tuesday

Grab & Go **4**
*Muffin
Yogurt/100% Juice and Fresh Fruit
Lunch
*Beef or Chicken Soft Shell Tacos
Lettuce/Tomato/Salsa/Cucumber Slices
Refried Beans/Spanish Rice
Chilled Pears/Fresh Apple

Grab & Go **11**
*Benefit Bar
Yogurt/100% Juice and Fresh Fruit
Lunch
*Grilled Chicken Patty on a Bun
Baked Seasoned Fries
Green Beans/Baby Carrots
Chilled Pears/Chilled Applesauce

Grab & Go **18**
*Muffin
Yogurt/100% Juice and Fresh Fruit
Lunch
*Beef or Chicken Walking Taco
Lettuce/Tomato/Cheese/Salsa
Seasoned Refried Beans
Cucumber Slices
Mandarin Oranges/Banana

Grab & Go **25**
*Benefit Bar
Yogurt/100% Juice and Fresh Fruit
Lunch
*Chicken Quesadillas
Baked Potato Rounds
Cucumber Slices/Salsa
Cantaloupe Wedges/Chilled Pears

Wednesday

Grab & Go **5**
*Cereal Bowls or
Breakfast Bar Combo Kits and Fruit
Lunch
*Pizza Hut Pizza Cheese or Pepperoni
Tossed Salad/Carrots/Celery Sticks
Chilled Peaches
Melon Wedges

Grab & Go **12**
*Cereal Bowls or
Breakfast Bar Combo Kits and Fruit
Lunch
*Pizza Hut Pizza Cheese or Pepperoni
Baked Tator Tots
Tossed Salad/Celery sticks
Chilled Peaches/Orange Wedges

Grab & Go **19**
*Cereal Bowls or
Breakfast Bar Combo Kits and Fruit
Lunch
*Pizza Hut Pizza Cheese or Pepperoni
Tossed Salad/Celery Sticks/Tomatoes
Applesauce
Orange Wedges

Grab & Go **26**
*Cereal Bowls or
Breakfast Bar Combo Kits and Fruit
Lunch
*Pizza hut Pizza Cheese or Pepperoni
Tossed Salad/Celery Sticks/Tomatoes
Applesauce
Orange Wedges

Thursday

Grab & Go **6**
*UBR Bar
Cheese Stick/100% Juice and Fresh Fruit
Lunch
*Baked Mini Corn Dogs
Green Beans
Broccoli
Pineapple Tidbits/Fresh Apple

Grab & Go **13**
*Pop Tart
Cheese Stick/100% Juice and Fresh Fruit
Lunch
*Chicken Teriyaki w/ Rice
Tossed Salad/Fortune Cookie
Cucumber Slices
Kiwi/Strawberries

Grab & Go **20**
*UBR Bar
Cheese Stick/100% Juice and Fresh Fruit
Lunch
*Chicken Nuggets w/ Breadstick
Broccoli Florets
Red Pepper Strips/Hummus
Chilled Peaches/100% Grape Juice

NO SCHOOL **27**

Friday

Grab & Go **7**
*Cereal Bowls or
Breakfast Bar Combo Kits and Fruit
Lunch
*Cheese Quesadilla
Whole Kernel Corn
Baby Carrots/Salsa
Strawberries/100% Orange Juice

Grab & Go **14**
*Cereal Bowls or
Breakfast Bar Combo Kits and Fruit
Lunch
*French Toast Sticks
Baked Hash Brown
Steamed Carrots
Mixed Fruit/100% Orange Juice

Grab & Go **21**
*Cereal Bowls or
Breakfast Bar Combo Kits and Fruit
Lunch
*Toasted Cheese Sandwich
Tomato Soup
Tossed Salad/Baby Carrots
Chilled Pears/Fresh Apple

NO SCHOOL **28**



*Milk is offered with all meals & includes a choice of White Skim or Chocolate Skim