

JANUARY 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

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL 1

Grab & Go 6
*Minni Cinni's
Cheese Stick/100% Juice
Fresh Fruit
Lunch
*Baked Chicken Nuggets
Baked Beans/Baked Seasoned Fries
Broccoli Florets
Mandarin Oranges/Fresh Apple

Grab & Go 7
*Muffin
Yogurt/100% Juice
Fresh Fruit
Lunch
*Spaghetti w/ Meat Sauce and Breadstick
Green Beans
Baby Carrots
Grapes/Chilled Applesauce

Grab & Go 8
*Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
*Pizza Hut Pizza Cheese or Pepperoni
Tossed Salad/Celery Sticks
Cherry Tomatoes
Chilled Peaches/Orange Wedges

Grab & Go 2
*Pop Tart
Cheese Stick/100% Juice
Fresh Fruit
Lunch
*Sausage, Egg, Cheese on English Muffin
Green Beans
Broccoli
Pineapple Tidbits/Fresh Apple

Grab & Go 3
*Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
*Yogurt w/ Pancakes
Baked Hash Brown
Baby Carrots
Strawberries/Orange Juice

Grab & Go 13
*Breakfast Bread
Cheese Stick/100% Juice
Fresh Fruit
Lunch
*Baked Chicken Smackers
Whipped Potatoes
Baby Carrots/Cookies
Chilled Pears/Fresh Apple

Grab & Go 14
*Benefit Bar
Yogurt/100% Juice
Fresh Fruit
Lunch
*Beef Walking Taco
Lettuce/Tomato/Cheese/Salsa
Seasoned Refried Beans/Cucumber Slice
Mandarin Oranges/Banana

Grab & Go 15
*Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
*Pizza Hut Pizza
Cheese or Pepperoni
Tossed Salad/Celery Sticks/Tomatoes
Applesauce/Orange Wedges

Grab & Go 16
*Pop Tart
Cheese Stick/100% Juice
Fresh Fruit
Lunch
*Baked Mini Corn Dogs
Broccoli Florets/ Red Pepper Strips
Hummus
Chilled Peaches/100% Grape Juice

Grab & Go 17
*Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
*Fish Sticks
Tossed Salad
Sweet Potato Fries/ Baby Carrots
Chilled Pears/ Fresh Apple

NO SCHOOL 20

Grab & Go 21
*Muffin
Yogurt/100% Juice
Fresh Fruit
Lunch
*Baked Chicken Nuggets
Baked Beans/Baked Seasoned Fries
Cucumber Slices
Cantaloupe Wedges/Chilled Pears

Grab & Go 22
*Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
*Pizza Hut Pizza
Cheese or Pepperoni
Tossed Green Salad/Cherry Tomatoes
Green Peas/Chilled Peaches/Fresh Apple

Grab & Go 23
*UBR Bar
Cheese Stick/100% Juice
Fresh Fruit
Lunch
*Beef Nacho Bar
Lettuce/Tomato/Salsa
Black Bean Salad
Mixed Fruit/ Orange Wedges

Grab & Go 24
*Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
*Mac & Cheese w/ Breadstick
Whole Kernel Corn/ Steamed Carrots
Seedless Grapes/ Pineapple Tidbits

Grab & Go 27
*Breakfast Bread
Cheese Stick/100% Juice
Fresh Fruit
Lunch
*Sloppy Joe on a Bun
Baked Beans/Broccoli Florets
Cucumber Slices
Warm Apple Slices/Fresh Apple

Grab & Go 28
*Benefit Bar
Yogurt/100% Juice
Fresh Fruit
Lunch
*Chicken Patty on a Bun
Sweet Potato Fries/ Mixed Vegetables
Banana/Chilled Peaches

Grab & Go 29
Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
Pizza Hut Pizza
Cheese or Pepperoni
Tossed Salad/Cauliflower/Red Pepper Strip
Mixed Fruit/Orange Wedges

Grab & Go 30
*Pop Tart
Cheese Stick/100% Juice
Fresh Fruit
Lunch
*Chicken Smackers
Baked Potato Wedges
Green Peas/Cookies
Mandarin Oranges/Kiwi

Grab & Go 31
*Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
*French Toast Sticks
Whole Kernel Corn/Baby Carrots
Green Beans
Chilled Pears/Fresh Apple

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

School Information Contact: Alexis Toledo at 715-830-2276 ext 2005 or email at atoledo@regiscatholicschools.com