

NOVEMBER 2024

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

4
Grab n' Go
Breakfast Bread
Cheese Sticks/100% Juice
Fresh Fruit
Lunch
Hamburger on a Bun*
Baked Tator Tots
Baby Carrots
Chilled Pears/Fresh Apples

5
Grab n' Go
Benefit Bar
Yogurt/100% Juice
Fresh Fruit
Lunch
Walking Taco*
Beef or Chicken
Lettuce/Tomato/Cheese/Salsa
Seasoned Refried Beans
Cucumber slices/Mandarin Oranges/Banana

6
Grab n' Go
Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
Pizza Hut Pizza*
Cheese or Pepperoni
Tossed Salad
Celery Sticks/Tomatoes
Applesauce/Orange Wedges

7
Grab n' Go
Pop Tart
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Chicken Nuggets w/ Breadstick*
Broccoli Florets
Red Pepper Strips/Hummus
Chilled Peaches/100% Grape Juice

1
Grab n' Go
Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
Crispy Fish Tacos *
Whole Kernel Corn
Sweet Potato Fries
Mixed Fruit
Fresh Apple

8
Grab n' Go
Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
Pancakes W/ Yogurt*
Baked Hash Brown
Baby Carrots
Warm Blueberries/100% Orange Juice

11
Grab n' Go
Minni Cinni's
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Meatball Sandwich*
Baked Potato Round
Mixed Vegetables
Applesauce/Orange Wedge

12
Grab n' Go
Muffin
Yogurt/100% Juice
Fresh Fruit
Lunch
Hot Dog on a Bun*
Baked Beans
Cucumber Slices
Cantaloupe Wedges/Chilled Pears
Vanilla Ice Cream

13
Grab n' Go
Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
Pizza Hut Pizza*
Cheese or Pepperoni
Tossed Salad/Green Peas
Strawberries/Fresh Apples

14
Grab n' Go
UBR Bar
Cheese stick/100% Juice
Fresh Fruit
Lunch
Nacho Bar*
Beef or Chicken
Lettuce/Tomato/Salsa
Mexicali Corn
Mixed Fruit/Orange Wedges

15
Grab n' Go
Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
Cheesy Egg Patty W/ English Muffin*
Mixed Vegetables
Carrots/Celery Sticks
Pineapple Tidbits/Seedless Grapes

18
Grab n' Go
Breakfast Bread
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Mozzarella Dippers W/ Pizza Sauce*
Baked Beans
Cucumber Slices
Warm Apple Slices/Fresh Apple

19
Grab n' Go
Benefit Bar
Yogurt/100% Juice
Fresh Fruit
Lunch
Turkey and Cheese Subs*
Lettuce/Tomato/Pickles
Sweet Potato Fries
Banana/Chilled Peaches

20
Grab n' Go
Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
Pizza Hut Pizza*
Cheese or Pepperoni
Tossed Salad
Broccoli/Cauliflower
Mixed Fruit/Orange Wedge

21
Grab n' Go
Pop Tart
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Teriyaki Chicken Bites w/Rice Pilaf*
Baked Potato Wedges
Green Peas/Fortune Cookie
Mandarin Oranges/Kiwi

22
Grab n' Go
Cereal Bowls or
Breakfast Bar Combo Kits
Fresh Fruit
Lunch
Macaroni & Cheese w/ Breadstick*
Whole Kernel Corn
Sweet Potato Fries
Mixed Fruit/Fresh Apple

25
Grab n' Go
Minni Cinni's
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Chicken Nuggets*
Baked Seasoned Fries
Green Beans
Mixed Fruit/Fresh Pears

26
Grab n' Go
Muffin
Yogurt/100% Juice
Fresh Fruit
Lunch
Turkey/Gravy
Mashed Potatoes
Stuffing/Green Beans
Dinner Roll/Pumpkin Bars
Apple/Orange Slices

27
No School

28
No School

29
No School

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