

# OCTOBER 2024

## Regis Elementary Schools Meals Grab n' Go Breakfast and Lunch



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

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

**1**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
BBQ Pulled Pork on a Bun\* 5  
Baked Beans  
Cucumber Slices  
Mandarin Oranges/Banana

**2**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Pizza Hut Pizza\*  
Cheese or Pepperoni  
Tossed Salad  
Celery Sticks/Tomatoes/Applesauce and Orange Wedges

**3**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Baked Mini corndogs\*  
Broccoli Florets/Red Pepper strips  
Hummus  
Chilled Peaches  
100% Grape Juice

**4**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Toasted Cheese Sandwich\*  
Tossed green salad  
Tomato soup  
Baby carrots/Chilled pears/Fresh Apple

**7**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Baked Chicken Nuggets\* 1  
Baked Potato Round  
Mixed Vegetables  
Applesauce/Orange Wedge

**8**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Hot Dog on a Bun \*  
Baked Beans  
Cucumber Slices  
Cantaloupe Wedges/Chilled Pears

**9**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Pizza Hut Pizza\*  
Cheese or Pepperoni  
Tossed Green Salad  
Cherry Tomatoes/Green Peas  
Chilled Peaches/ Fresh Apples

**10**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Beef Nacho Bar\*  
Lettuce/Tomato/Salsa  
Black Bean Salad  
Mixed Fruit  
Orange Wedges

**11**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
French Toast Sticks  
Baked Hash Brown  
Baby Carrots/ Seedless Grapes  
Pineapple Tidbits

**14**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Sloppy Joe on a Bun\* 2  
Baked Beans  
Cucumber Slices/ Warm Apple Slices  
Fresh Apple

**15**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Chicken Smackers\*  
Sweet Potato Fries  
Baby Carrots  
Banana/Chilled Peaches

**16**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Pizza Hut Pizza\*  
Cheese or Pepperoni  
Tossed salad  
Broccoli/Cauliflower  
Mixed fruit/ Orange wedges

**17**  
NO SCHOOL

**18**  
NO SCHOOL

**21**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Hamburger on a Bun\* 3  
Whipped Potatoes  
Cherry Tomatoes  
Mixed Fruit/ Orange Wedges

**22**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Hard Shell Tacos Beef\*  
Lettuce/Tomatoes/Salsa  
Refried Beans/Spanish Rice  
Cucumber Slices/Chilled Pears/Fresh Apple

**23**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Pizza Hut Pizza\*  
Cheese or Pepperoni  
Tossed Salad  
Carrots & Celery Sticks  
Chilled Peaches/Melon Wedges

**24**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Baked Mini Corndogs\*  
Green Beans  
Broccoli  
Pineapple Tidbits/Fresh Apple

**25**  
NO SCHOOL

**28**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Mozzarella Dippers W/ Pizza Sauce\* 4  
Baked Beans  
Broccoli Florets  
Mandarin Oranges/Fresh Apples

**29**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Chicken Patty on a Bun\*  
Baked Seasoned Fries  
Green beans/Baby Carrots  
Grapes/Chilled Applesauce

**30**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Pizza Hut Pizza\*  
Cheese or Pepperoni  
Tossed Salad  
Celery Sticks/Tomatoes  
Applesauce/Orange Wedges

**31**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Hot Dog on a Bun\*  
Broccoli Florets/Red Pepper Strips  
Hummus  
Chilled Peaches/ 100% Grape Juice

**31**  
Grab N' Go  
Cereal Bowls or  
Breakfast Bars Combo Kits  
Fresh Fruit  
Lunch  
Hot Dog on a Bun\*  
Broccoli Florets/Red Pepper Strips  
Hummus  
Chilled Peaches/ 100% Grape Juice



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