

OCTOBER 2024

Regis Middle/High School 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

Grab N' Go **1**
Muffin
Yogurt/100% Juice
Fresh Fruit
Lunch
BBQ Pulled Pork on a Bun* 5
Baked Beans
Cucumber Slices
Mandarin Oranges/Banana

Grab N' Go **2**
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

Grab N' Go **3**
UBR Bar
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Baked Mini corndogs*
Broccoli Florets/Red Pepper strips
Hummus
Chilled Peaches
100% Grape Juice

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

Grab N' Go **7**
Breakfast Bread
Cheese Sticks/100% Juice
Fresh Fruit
Lunch
Baked Chicken Nuggets* 1
Baked Potato Round
Mixed Vegetables
Applesauce/Orange Wedge

Grab N' Go **8**
Benefit Bar
Yogurt/100% Juice
Fresh Fruit
Lunch
Hot Dog on a Bun *
Baked Beans
Cucumber Slices
Cantaloupe Wedges/Chilled Pears

Grab N' Go **9**
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

Grab N' Go **10**
Pop Tart
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Beef Nacho Bar*
Lettuce/Tomato/Salsa
Black Bean Salad
Mixed Fruit
Orange Wedges

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

Grab N' Go **14**
Minni Cinni's
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Sloppy Joe on a Bun* 2
Baked Beans
Cucumber Slices/ Warm Apple Slices
Fresh Apple

Grab N' Go **15**
Muffin
Yogurt/100% Juice
Fresh Fruit
Lunch
Chicken Smackers*
Sweet Potato Fries
Baby Carrots
Banana/Chilled Peaches

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

NO SCHOOL **17**

NO SCHOOL **18**

Grab N' Go **21**
Breakfast Bread
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Hamburger on a Bun* 3
Whipped Potatoes
Cherry Tomatoes
Mixed Fruit/ Orange Wedges

Grab N' Go **22**
Benefit Bar
Yogurt/100% Juice
Fresh Fruit
Lunch
Soft Shell Tacos Beef*
Lettuce/Tomatoes/Salsa
Refried Beans/Spanish Rice
Cucumber Slices/Chilled Pears/Fresh Apple

Grab N' Go **23**
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

Grab N' Go **24**
Pop Tart
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Baked Mini Corndogs*
Green Beans
Broccoli
Pineapple Tidbits/Fresh Apple

NO SCHOOL **25**

Grab N' Go **28**
Mini Cinni's
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Mozzarella Dippers W/ Pizza Sauce* 4
Baked Beans
Broccoli Florets
Mandarin Oranges/Fresh Apples

Grab N' Go **29**
Muffin
Yogurt/100% Juice
Fresh Fruit
Lunch
Chicken Patty on a Bun*
Baked Seasoned Fries
Green beans/Baby Carrots
Grapes/Chilled Applesauce

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

Grab N' Go **31**
UBR Bar
Cheese Stick/100% Juice
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