

SEPTEMBER 2024

Regis Middle/High School Meals
Grab n` Go Breakfast & Lunch

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



Monday

No School
Labor Day

2

Tuesday

Open House
&
Orientations

3

Welcome Back!

Wednesday

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 Pear

4

Thursday

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

5

Friday

Grab n` Go
Cereal Bowls or
Breakfast Bars Combo kits
Fresh Fruit
Lunch
Fish Stick
Whole Kernel Corn
Baby Carrots Tidbits
Seedless Grapes /Pineapple

6

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

9

Grab n` Go
Benefit Bar
Yogurt/100% Juice
Fresh Fruit
Lunch
Chicken Patty on a *Bun
Sweet Potato Fries
Baby Carrots
Chilled Peaches/Banana

10

Grab n` Go
Cereal Bowls or
Breakfast Bars Combo kit
Fresh Fruit
Lunch
Pizza Hut *Pizza
Cheese or Pepperoni
Tossed Green Salad
Broccoli/Cauliflower
Orange Wedge/Mixed Fruit

11

Grab n` Go
Pop-tart
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Chicken Nuggets
Baked Potato Wedges
Green Peas
Mandarin Oranges/Kiwi

12

Grab n` Go
Cereal Bowls or
Breakfast Bars Combo Kits
Fresh Fruit
Lunch
Cheese Quesadilla
Salsa
Whole Kernel Corn/Green Beans
Chilled Pears/Fresh Apple

13

Grab n` Go
Minni-Cinni's
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Hamburger on a *Bun
Whipped Potatoes
Cherry Tomatoes
Mixed Fruit/Orange Wedges

16

Grab n` Go
Muffin
Yogurt/100% Juice
Fresh Fruit
Lunch
Hard Shell Tacos
Lettuce/Tomatoes/Salsa
Refried Beans / Spanish Rice
Cucumber Slices
Chilled Pears/Fresh Apple

17

Grab n` Go
Cereal Bowls or
Breakfast Bars Combo kits
Fresh Fruit
Lunch
Pizza Hut *Pizza
Cheese or Pepperoni
Tossed Green Salad
Carrots & Celery Sticks
Chilled Peaches/Melon Wedges

18

Grab n` Go
UBR Bar
Cheese Stick/100% Juice
Fresh Fruit
Fresh Fruit
Lunch
Spaghetti w/ Meat Sauce
Green Beans
Steamed Broccoli
Pineapple Tidbits/Fresh Apple

19

Grab n` Go
Cereal Bowls or
Breakfast Bars Combo kits
Fresh Fruit
Lunch
Yogurt w/*Pancakes
Baked Hash brown
Baby Carrots
Strawberries/100% Orange Juice

20

Grab n` Go
Breakfast Bread
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Mozzarella Dipper w/ Pizza
Baked Beans
Broccoli Florets
Mandarin Oranges/Fresh Apple

23

Grab n` Go
Benefit Bar
Yogurt/100% Juice
Fresh Fruit
Lunch
Chicken Patty on a Bun
Baked Seasoned Fries
Green Beans
Baby Carrots
Grapes/Chilled Applesauce

24

Grab n` Go
Cereal Bowls or
Breakfast Bars Combo kits
Fresh Fruit
Lunch
Pizza Hut *Pizza
Cheese or Pepperoni
Baked Tater Tots
Tossed Salad/Celery Sticks
Chilled Peaches/ Orange Wedges

25

Grab n` Go
Pop-tart
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Hot Dog on a *Bun
Tossed Salad
Cucumber Slices
Kiwi/ Strawberries

26

Grab n` Go
Cereal Bowls or
Breakfast Bars Combo kits
Lunch
Mac and Cheese
Whole Kernel Corn
Sweet Potato Fries
Mixed Fruit/Fresh Apple
Fresh Baked Cookie

27

Grab n` Go
Minni-Cinni's
Cheese Stick/100% Juice
Fresh Fruit
Lunch
Ham & Cheese Stacker
Baked Tater Tots
Baby Carrots
Chilled Pears/Fresh Apple

30



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

School Information: Contact Teresa Culbert at 715-830-9627 or email at tculbert@regiscatholicschools.com