June 2018

Regis Middle/High School Menu

This institution is an equal opportunity provider.

LUNCH

School Information: Contact Teresa Culbert for further information at 715-832-4623 or email at tculbert@regiscatholicschools.com

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Milk offered with all meals & includes choice of Skim or Chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
			Menu subject to change without notice	1 *Mozzarella Dippers Toasted Cheese Sandwich Salsa Whole Kernel Corn Green Beans Chilled Pears /Fresh Apple
4 *Cooks Choice* Calzone Chicken Sandwich	5 *Cooks Choice* Hard Shell Tacos Beef or Chicken	6 *Cooks Choice* Calzone Corn Dogs	7 *Cooks Choice* Calzone Corn Dogs	8 *Cooks Choice* Fish Sticks Mac & Cheese ***Last Day of School***
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Summer Vacation

REGIS Catholic Schools