

# APRIL 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

## Tuesday

## Wednesday

## Thursday

## Friday

1

Grab n` Go  
Muffin  
Yogurt/100% Juice  
Fresh Fruit  
Lunch  
Chicken Fajitas  
Lettuce/Red & Green Peppers/Salsa  
Refried Beans / Spanish Rice  
Cucumber Slices  
Chilled Pears/Fresh Apple

2

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

3

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

4

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

5

8

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

9

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

10

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

11

Grab n` Go  
Pop-tart  
Cheese Stick/100% Juice  
Fresh Fruit  
Lunch  
Cooks Choice Testing 6-8<sup>th</sup> only  
Tossed Salad  
Cucumber Slices  
Kiwi/ Strawberries

No School

12

15

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

16

Grab n` Go  
Muffin  
Yogurt/100% Juice  
Fresh Fruit  
Lunch  
Walking Taco Beef or Chicken  
Lettuce/Tomato/Cheese/Salsa  
Seasoned Refried Beans  
Cucumber Slices  
Mandarin Oranges/Banana

17

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

18

Grab n` Go  
UBR Bar  
Cheese Stick/100% Juice  
Fresh Fruit  
Lunch  
Popcorn Chicken  
Broccoli Florets  
Red Pepper Strips  
Hummus  
Chilled Peaches/100% Grape Juice

19

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

22

Grab n` Go  
Breakfast Bread  
Cheese Stick/100% Juice  
Fresh Fruit  
Lunch  
Meatball Sub  
Baked Potato Rounds  
Mixed Vegetables  
Applesauce/Orange Wedges

23

Grab n` Go  
Benefit Bar  
Yogurt/100% Juice  
Fresh Fruit  
Lunch  
Hot Dog on a \*Bun  
Baked Beans  
Cucumber slices  
Cantaloupe Wedges/Chilled Pears

24

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Pizza Hut \*Pizza  
Cheese or Pepperoni  
Tossed Salad  
Cherry Tomatoes/Green Peas  
Chilled Peaches/Fresh Apple

25

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

26

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

29

Grab n` Go  
Minni-Cinni's  
Cheese Stick/100% Juice  
Fresh Fruit  
Lunch  
Sloppy Joe on a Bun  
Baked Beans  
Cucumber Slices  
Warm Apple Slices/ Fresh Apple

30

Grab n` Go  
Muffin  
Yogurt/100% Juice  
Fresh Fruit  
Lunch  
Cheeseburger on a Bun  
Sweet Potato Fries  
Baby Carrots  
Banana/Chilled Peaches

\*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](mailto:tculbert@regiscatholicschools.com)  
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