

JANUARY 2026

Regis Middle/High School Meals
Grab N' Go Breakfast and Lunch

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



Monday

Tuesday

Wednesday

Thursday

Friday

Grab n Go

*Breakfast Bread/Cheese Stick
100% Juice and Fresh Fruit

Lunch:

*Spaghetti and Meatballs w/Breadstick
Broccoli Florets 4
Baby Carrots
Mandarin Oranges/Apples

5

Grab n Go

*Benefit Bar Yogurt/100% Juice
and Fresh Fruit

Lunch:

*Chicken Patty on a Bun
Baked Seasoned Fries
Baked Beans/Tossed Salad
Grapes/Applesauce

6

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Pizza Hut Pizza Cheese or Pepperoni
Tossed Salad
Celery Sticks
Chilled Peaches/Orange Wedges

7

Grab n Go

*Pop Tart/ Cheese Stick 100% Juice
And Fresh Fruit

Lunch:

*Baked Chicken Nuggets
Baked Tator Tots
Green Beans/Cucumber slices
Kiwi/Strawberries

8

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*French Toast Sticks
Baked Hash Brown
Baby Carrots
Mixed Fruit/Fresh Apple

9

Grab n Go

*Mini Cini's/Cheese stick 100% Juice
And Fresh Fruit

Lunch:

*Chicken Alfredo w/ Rotini 5
Steamed Broccoli and Carrots
Chilled Pears
Warm Apple Slices

12

Grab n Go

*Muffin Yogurt/100% Juice
And Fresh Fruit

Lunch:

*Beef Walking Tacos
Lettuce/Tomato/Cheese/Salsa
Seasoned Refried Beans
Mandarin Oranges/Banana

13

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Pizza Hut Pizza Cheese or Pepperoni
Tossed Salad
Celery Sticks/Cherry Tomatoes
Applesauce/Orange Wedges

14

Grab n Go

*UBR Bar Cheese Stick/100% Juice
And Fresh Fruit

Lunch:

*Baked Mini Corn Dogs
Potato Wedges
Cucumber Slices/Red Pepper Strips
Chilled Peaches/100% Grape Juice

15

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Cheese Quesadillas
Tossed Salad
Baby Carrots
Chilled Peaches/Fresh Apple

16

Grab n Go

*Breakfast Bread/Cheese Stick
100% Juice and Fresh Fruit

Lunch:

*Baked Chicken Nuggets
Baked French Fries 1
Mixed Vegetables
Applesauce/Orange Wedges

19

Grab n Go

*Benefit Bar Yogurt/100% Juice
and Fresh Fruit

Lunch:

*Hot Dog on a Bun
Baked Beans
Cucumber Slices
Cantaloupe Wedges/Chilled Pears
Ice Cream Cup

20

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Pizza Hut Pizza Cheese or Pepperoni
Tossed Green Salad
Cherry Tomatoes/Green Peas
Chilled Peaches/Fresh Apple

21

Grab n Go

*Pop Tart/ Cheese Stick 100% Juice
And Fresh Fruit

Lunch:

*Nacho Bar Beef or Chicken
Lettuce/Tomato/Salsa
Mixed Fruit
Orange Wedges

22

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Mac & Cheese w/ Breadstick
Whole Kernel Corn
Baby Carrots
Seedless Grapes/Pineapple Tidbits

23

Grab n Go

*Mini Cini's/Cheese stick 100% Juice
And Fresh Fruit

Lunch:

*Sloppy Joe on a Bun
Baked Beans 2
Cucumber Slices
Warm Apple Slices/Mixed Fruit

26

Grab n Go

*Muffin Yogurt/100% Juice
And Fresh Fruit

Lunch:

*Chicken Patty on a Bun
Sweet Potato Fries
Green Beans
Banana/Chilled Peaches

27

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Pizza Hut Pizza Cheese or Pepperoni
Tossed Green Salad
Broccoli/Cauliflower
Mixed Fruit/ Oranges

28

Grab n Go

*UBR Bar Cheese Stick/100% Juice
And Fresh Fruit

Lunch:

*Chicken Smackers
Whipped Potatoes/Whole Kernel Corn
Mandarin Oranges/Kiwi
Whole Grain Cookie

29

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Mozzarella Dippers w/ Pizza Sauce
Green Peas
Baby Carrots
Chilled Pears/Fresh Apple

30

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

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