

# MARCH 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

### Grab n Go

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

### Lunch:

\*Chicken Smackers 2  
Baked Potato Wedges  
Baby Carrots  
Chilled Peaches/Fresh Apple

2

## Tuesday

### Grab n Go

\*Benefit Bar Yogurt/100% Juice  
and Fresh Fruit

### Lunch:

\*French Toast Sticks  
Baked Hash Brown  
Steamed Carrots  
Chilled Pears/Warm Blueberries

3

## Wednesday

### 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  
Chilled Peaches/Apple

4

## Thursday

### Grab n Go

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

### Lunch:

\*Teriyaki Chicken w/ Brown Rice Pilaf  
Whole Kernel Corn  
Green Peas  
Mandarin Orange/Kiwi

5

## Friday

NO SCHOOL

6

### Grab n Go

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

### Lunch:

\*Meatball Subs 3  
Baked Seasoned Fries  
Steamed Carrots/Cucumber Slices  
Mixed Fruit/Orange Wedge

9

### Grab n Go

\*Muffin Yogurt/100% Juice  
and Fresh Fruit

### Lunch:

\*Hard Shell Beef Tacos  
Lettuce/Tomato/Salsa  
Refried Beans/Spanish Rice  
Chilled Pears/ Apple

10

### Grab n Go

\*Cereal Bowls or  
Breakfast bar Combo Kits and Fresh Fruit

### Lunch:

\*Pizza Hut Pizza Cheese Or Pepperoni  
Tossed Salad  
Carrots/Celery Sticks  
Chilled Peaches/Melon Wedges

11

### Grab n Go

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

### Lunch:

\*Spaghetti With meatballs  
Green Beans/Broccoli  
Pineapple Tidbits/Fresh Apple  
Fresh Baked Cookie

12

### Grab n Go

\*Cereal Bowls or  
Breakfast bar Combo Kits and Fresh Fruit

### Lunch:

\*Mac & Cheese w/ Breadstick  
Whole Kernel Corn  
Baby Carrots  
Strawberries/Applesauce

13

NO SCHOOL

16

NO SCHOOL

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

20

### 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

23

### Grab n Go

\*Muffin Yogurt/100% Juice  
and Fresh Fruit

### Lunch:

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

24

### Grab n Go

\*Cereal Bowls or  
Breakfast bar Combo Kits and Fresh Fruit

### Lunch:

\*Pizza Hut Pizza Cheese Or Pepperoni  
Tossed Salad/Celery Sticks  
Tomatoes  
Applesauce/Orange Wedge

25

### Grab n Go

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

### Lunch:

\*Baked Mini Corn Dogs  
Broccoli Florets  
Cucumber Slices/Red Pepper Strips  
Chilled Peaches/100% Grape Juice

26

### Grab n Go

\*Cereal Bowls or  
Breakfast bar Combo Kits and Fresh Fruit

### Lunch:

\*Mozzarella Dippers  
Tossed Salad  
Baby Carrots/Whole Kernel Corn  
Chilled Pears/Fresh Apple

27

### Grab n Go

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

### Lunch:

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

30

### Grab n Go

\*Benefit Bar Yogurt/100% Juice  
and Fresh Fruit

### Lunch:

\*Cheese Quesadilla  
Baked Beans/Cucumber Slices  
Cantaloupe Wedge/Chilled Pears  
Ice Cream

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

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