

# MARCH 2024

Regis Middle/High School Meals

Grab n` Go Breakfast & Lunch

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



REGIS  
Catholic Schools

Monday



Tuesday

Wednesday

Thursday

Friday

**Grab n` Go**  
Breakfast Bread  
Cheese Stick/100% Juice  
Fresh Fruit  
**Lunch**  
Ham & Cheese Stacker  
Baked Tater Tots  
Baby Carrots  
Chilled Pears/Fresh Apple

4

**Grab n` Go**  
Benefit Bar  
Yogurt/100% Juice  
Fresh Fruit  
**Lunch**  
Walking Taco  
Lettuce/Tomato/Cheese/Salsa  
Seasoned Refried Beans  
Cucumber Slices  
Mandarin Oranges/Banana

5

**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

6

**Grab n` Go**  
Pop-tart  
Cheese Stick/100% Juice  
Fresh Fruit  
**Lunch**  
Mini Corn Dogs  
Broccoli Florets  
Red Pepper Strips  
Hummus  
Chilled Peaches/100% Grape juice

7

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

1

**Grab n` Go**  
Minni-Cinni's  
Cheese Stick/100% Juice  
Fresh Fruit  
**Lunch**  
Meatball Sub  
Baked Potato Rounds  
Mixed Vegetables  
Applesauce/Orange Wedges

11

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

12

**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

13

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

14

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

15

**Grab n` Go**  
Breakfast Bread  
Cheese Stick/100% Juice  
Fresh Fruit  
**Lunch**  
B-que Pulled Pork on a Bun  
Baked Beans  
Cucumber slices  
Cantaloupe Wedges/Chilled Pears

18

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

19

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

20

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

21

**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

22

No School

25

No School

26

No School

27

No School

28

No School

29

\*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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