

NOVEMBER 2025

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

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

Lunch:

*Chicken Alfredo with Rotini
Steamed Broccoli
Carrots
Chilled Pears/Warm Apple Slices

3

Grab n Go

*Muffin Yogurt/100% Juice
and Fresh Fruit

Lunch:

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

4

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

5

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

6

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Fish Tacos
Tossed Salad
Baby Carrots
Chilled Pears/Fresh Apple

7

Grab n Go

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

Lunch:

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

10

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

11

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

12

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

13

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

14

Grab n Go

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

Lunch:

*Sloppy Joe
Baked Beans
Cucumber Slices
Warm Apple Slices/Mixed Fruit

17

Grab n Go

*Muffin Yogurt/100% Juice
and Fresh Fruit

Lunch:

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

18

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

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

19

Grab n Go

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

Lunch:

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

20

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

21

Grab n Go

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

Lunch:

*Hamburger on a Bun
Baked Tator Tots
Baby Carrots
Chilled Pears/Fresh Apple

24

Grab n Go

*Benefit Bar Yogurt/100% Juice
and Fresh Fruit

Lunch:

*Turkey/Gravy
Mashed Potatoes
Stuffing/Green Beans
Dinner Roll/Pumpkin Bars
Apple/Orange Slices

25

No School

26

No School

27

No School

28

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

School Information contact: Alexis Toledo at 715/830/2276 ext 2005 or email at atoledo@regiscatholicschools.com