

OCTOBER 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:

*Ham Stacker on a Bun
Baked Potato Rounds
Mixed vegetables
Applesauce/Orange Wedges

Grab n Go

*Muffin Yogurt/100% Juice
and Fresh Fruit

Lunch:

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

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
Chilled Applesauce/Orange Wedges

1

Grab n Go

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

Lunch:

*Baked Chicken Nuggets
Broccoli Florets/Red Pepper Strips
Chilled Peaches
100% Grape Juice

2

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Toasted Cheese Sandwich
Tossed Salad
Tomato Soup/Baby Carrots
Chilled Pears/Fresh Apple

3

Grab n Go

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

Lunch:

*Cheese Quesadilla
Whole Kernel Corn/Salsa
Steamed Carrots
Chilled Pears/Warm Blueberries

13

Grab n Go

*Benefit Bar Yogurt/100% Juice
and Fresh Fruit

Lunch:

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

14

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/Orange Wedge

15

No School

16

No School

17

Grab n Go

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

Lunch:

*Chicken Nuggets
Whipped Potatoes
Steamed Carrots/Cucumber Slices
Mixed Fruit/Orange Wedge

20

Grab n Go

*Muffin Yogurt/100% Juice
and Fresh Fruit

Lunch:

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

21

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 Wedge

22

Grab n Go

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

Lunch:

*Spaghetti w/ Meat Sauce
Green Beans
Broccoli
Pineapple Tidbits/Fresh Apple
Fresh Baked Cookies

23

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

24

Grab n Go

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

Lunch:

*Ham, Egg, Cheese on a Bun
Baked Beans
Green Beans
Mandarin Oranges/Apple

27

Grab n Go

*Benefit Bar Yogurt/100% Juice
and Fresh Fruit

Lunch:

*Chicken Patty on a Bun
Baked Seasoned Fries
Broccoli Florets/Baby Carrots
Grapes/Applesauce

28

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 Wedge

29

Grab n Go

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

Lunch:

*Baked Chicken Nuggets
Baked Tator Tots
Tossed Salad/Cucumber Slices
Kiwi/ Strawberries

30

No School

31

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

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