

SEPTEMBER 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

NO SCHOOL

Grab n Go

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

Lunch:

*Hamburger on a Bun
Baked Potato Wedges
Cherry Tomatoes
Cucumber Slices
Mixed Fruit/Orange Wedge

Grab n Go

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

Lunch:

*BBQ Pulled Pork Sandwich
Baked Beans
Broccoli Florets
Mandarin Oranges/Fresh Apple

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

Grab n Go

*Benefit Bar Yogurt/100% Juice
and Fresh Fruit

Lunch:

*Hot Dog on a Bun
Baked Beans
Cucumber Slices
Cantaloupe Wedge
Chilled Pears

Grab n Go

*Muffin Yogurt/100% Juice
and Fresh Fruit

Lunch:

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

Grab n Go

*Benefit Bar Yogurt/100% Juice
and Fresh Fruit

Lunch:

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

Grab n Go

*Muffin Yogurt/100% Juice
and Fresh Fruit

Lunch:

*Chicken Patty on a Bun
Baked Seasoned Fries
Green Beans/Baby Carrots
Grapes
Chilled Applesauce

Grab n Go

*Benefit Bar Yogurt/100% Juice
and Fresh Fruit

Lunch:

*Beef Walking Taco
Lettuce/Tomato/Cheese/Salsa
Seasoned Refried Beans
Cucumber Slices
Mandarin Orange/Banana

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

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

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Pizza Hut Pizza
Cheese or Pepperoni
Tossed Salad/Celery Sticks
Carrots & Celery Sticks
Chilled Peaches/Melon Wedge

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

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

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 Wedges

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

Grab n Go

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

Lunch:

*Chicken Smackers
Whipped Potatoes
Whole Kernel Corn
Mandarin Oranges
Kiwi

Grab n Go

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

Lunch:

*Baked Mini Corn Dogs
Green Beans/Broccoli
Pineapple Tidbits
Fresh Apple
Fresh Baked Cookie

Grab n Go

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

Lunch:

*Mandarin Orange Chicken
Brown Rice Pilaf
Tossed Salad/Fortune Cookie
Kiwi/ Strawberries

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Fish Stick on a Bun
Whole Kernel Corn
Sweet Potato Fries
Mixed Fruit
Fresh Apple

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

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

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*French Toast Sticks
Baked Hash Browns
Steamed Carrots
Strawberries
100% Orange Juice

Grab n Go

*Cereal Bowls or
Breakfast bar Combo Kits and Fresh Fruit

Lunch:

*Fish Stick on a Bun
Whole Kernel Corn
Sweet Potato Fries
Mixed Fruit
Fresh Apple

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

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