

# SEPTEMBER 2021

Regis Elementary School Meals  
Grab n` Go Breakfast & Lunch

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



Monday

Tuesday

Wednesday

Thursday

Friday

Open House  
&  
Orientation Only

Welcome Back!

NO SCHOOL

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Hamburger on a \* Bun  
Whipped Potatoes  
Cherry Tomatoes  
Mixed Fruit/Orange Wedges

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Mozzarella Dipper w/ Pizza Sauce  
Baked Beans  
Broccoli Florets  
Mandarin Oranges/Fresh Apple

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Hamburger on a \* Bun  
Baked Tater Tots  
Baby Carrots  
Chilled Peaches/Fresh Apple

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Chicken Patty on a \*Bun  
Sweet Potato Fries  
Baby Carrots  
Banana/Chilled Peaches

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Hard Shell Tacos-Beef  
Lettuce/Tomatoes/Salsa  
Refried Beans / Spanish Rice  
Cucumber Slices  
Chilled Peaches/Fresh Apple

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Chicken Patty on a \*Bun  
Baked Seasoned Fries  
Green Beans/Baby Carrots  
Grapes/ Chilled Applesauce

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Walking Taco-Beef  
Lettuce/Tomato/Cheese/Salsa  
Seasoned Refried Beans  
Cucumber Slices  
Mandarin Oranges/Banana

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

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Pizza Hut \*Pizza  
Cheese or Pepperoni  
Tossed Salad  
Carrots & Celery Sticks  
Chilled Peaches/Melon Wedges

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Pizza Hut \*Pizza  
Cheese or Pepperoni  
Baked Tater Tots  
Tossed Salad/Celery Sticks  
Chilled Peaches/ Orange Wedges

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

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Nacho Bar-Beef  
Lettuce/Tomato/Salsa  
Black Bean Salad  
Mixed Fruit  
Orange Wedges

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Chicken Nuggets  
Baked Potato Wedges  
Green Peas  
Mandarin Oranges/Kiwi

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Baked Mini Corn Dogs  
Green Beans  
Broccoli  
Pineapple Tidbits/Fresh Apple

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Hot Dog on a \*Bun  
Tossed Salad  
Cucumber Slices  
Kiwi/Strawberries

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Chicken Nuggets w/ Breadstick  
Broccoli Florets  
Red Pepper Strips  
Hummus  
Chilled Peaches/100% Grape juice

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Mac & Cheese w/ \*Breadstick  
Whole Kernel Corn  
Baby Carrots  
Seedless Grapes/Pineapple Tidbits

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Mozzarella Dipper w/Pizza Sauce  
Salsa  
Whole Kernel Corn/Green Beans  
Chilled Peaches/Fresh Apple

Grab n` Go  
Cereal Bowls or  
Breakfast Bars Combo kits  
Fresh Fruit  
Lunch  
Cheese Omelet w/\*Pancakes  
Baked Hash brown  
Baby Carrots  
Strawberries/100% Orange Juice

No School

\*Milk offered with all meals & includes choice of Skim or Chocolate Skim

School Information: Contact Teresa Culbert at 715-832-4623 or email at [tculbert@regiscatholicschools.com](mailto:tculbert@regiscatholicschools.com)

