



OCTOBER 2025

Regis Middle School

Fruits and veggies subject to change
Salad Bar offered daily as entrée choice unless specified
All bread products served are whole grain

Monday

Tuesday

Wednesday

Thursday

Friday

1
SOFT SHELL TACOS
CORN
GRAPES
ALT: SAUSAGE PIZZA

2
CHICKEN NUGGETS
SUN CHIPS
FRESH CAULIFLOWER
SLICED PEARS
ALT: HAM SUB

3
SOFT PRETZEL
CHEESE SAUCE
SIDE SALAD
APPLESAUCE
ALT: CHEESE PIZZA

6
CHICKEN TENDERS
POTATO WEDGES
MIXED FRUIT
ALT: PEPPERONI PIZZA

7
HAMBURGER
WG BUN
SIDE SALAD
GRAPES
ALT: TURKEY SUB

8
WALKING TACOS
REFRIED BEANS
PINEAPPLE CHUNKS
ALT: MEATLOVERS PIZZA

9
PULLED PORK
WG BUN
CALIFORNIA BLEND VEGGIES
MANDARIN ORANGES
ALT: HAM SUB

10
FRENCH TOAST STICKS
SAUSAGE LINKS
100% FRUIT JUICE
APPLESAUCE
ALT: CHEESE FRENCH BREAD

13
ITALIAN DIP-ITS
MARINARA CUP
STRAWBERRIES
FRESH BROCCOLI
ALT: PEPPERONI PIZZA

14
TURKEY GRAVY
MASHED POTATOES
SLICED PEARS
ALT: TURKEY SUB

15
CHICKEN FAJITAS
CORN
APPLE SLICES
ALT: MEATLOVERS PIZZA

16
MINI CORN DOGS
CHEEZ-ITS
CARROTS STICKS
APPLESAUCE
ALT: HAM SUB

17
Staff Learning
No School

20
POPCORN CHICKEN
MASHED POTATOES & GRAVY
DINNER ROLL
APPLE SLICES
ALT: PEPPERONI PIZZA

21
TENDERLOIN
WG BUN
CHEESY BROCCOLI
MANDARIN ORANGES
ALT: TURKEY SUB

22
NACHOS
REFRIED BEANS
SLICED PEACHES
ALT: SAUSAGE PIZZA

23
ITALIAN MEATBALLS
GARLIC BREADSTICK
SIDE SALAD
APPLESAUCE
ALT: HAM SUB

24
ORANGE CHICKEN
FRIED RICE
STIRFRY VEGGIES
PINEAPPLE CHUNKS
ALT: CHEESE PIZZA

27
PIZZA CRUNCHERS
MARINARA CUP
CARROT STICKS
APPLE SLICES
ALT: PEPPERONI PIZZA

28
CHICKEN FILET SANDWICH
WG BUN
SWEET POTATO FRIES
SLICED PEARS
ALT: TURKEY SUB

29
EARLY DISMISSAL
NO LUNCH SERVED

30
HOT DOG W/ CHILI
WG BUN
SMILE FRIES
APPLESAUCE
ALT: HAM SUB

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Staff Progress Reporting
No School



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