



Newsletter

October 2017

- Oct. 1st Annual Life Chain
2:30pm
- Oct. 4th Mass 9:45am,
Auditorium
- Oct. 10th Regis Pride Dress Day
Regis Charity Auction
- Oct. 13th Mass 9:45am,
Auditorium
- Oct. 18th Mass 9:45am,
Auditorium
- Oct. 25th Mass 9:45am,
Auditorium
- Oct. 25th 6th Grade Field Trip
MN Science Museum
- Oct. 26th **No School**
Parent Teacher
Conferences
3:30p.m.-7:30pm
- Oct. 26th... Immunization Clinic
- Oct. 27th **No School**
Parent Teacher
Conferences
8:00a.m.-12:00p.m.
- Nov. 1st Lifetouch Picture
Re-Takes

Dear Parents and Guardians,

I want to sincerely thank each of you for choosing to send your children to Regis. I am a believer in Catholic Schools and the difference that results when students are educated with the guiding Light of Christ. The education of children is a tremendous responsibility that is only second to the faith formation that Regis is committed to. The Regis staff are committed to ensuring both for each child. Prayer is an important part of our school day. Please reinforce this with your children by praying at home.

Regis is committed to encouraging our students to serve others. The Latin translation for Regis is 'of the King'. As Christ modeled for us a Christian life of serving, Regis embraces this call to serve by requiring students to complete service hours. The requirements are the same this year as previous years. Students in the Middle School are to complete 10 hours and High School students are to complete 25 hours each year. Please work with your child to find opportunities to satisfy this requirement. I would also ask students to embrace opportunities to be of service at your parish. This could be serving at Mass, working a Friday fish boil, or singing in the choir.

Conferences for the Middle and High School will take place on Thursday, October 26th from 12:00 to 8:00 pm. Please sign up via Skyward. This invitation should have already come to each family by a Skyward email message. If you did not receive one, please call the school office.

I am impressed with our new staff. Please take a moment to reach out to them by email, phone call or in person at conference time to welcome them to the 'Regis Family.' The veteran teachers have done a great job of mentoring them to a successful start to the new school year. Our teachers and staff work very hard to accomplish the RCS Core Values centered on *Living Faith, Accepting Responsibility, Promoting Teamwork, Achieving Excellence, and Inspiring Leadership*. We are not always perfect (no one is) but we believe in these values and want to instill them in our students, as well as ourselves.

The great Regis tradition continues into the future because of the support of our families and parishes. Thank you for being part of the Regis Family and allowing our school to educate and help form your children. *Regis-Learning Today, Leading Tomorrow!*

Sincerely,

Paul Pederson,
Principal

Learning Today, Leading Tomorrow

Regis Catholic Schools is dedicated to educating students of all faiths in a Catholic, Christ-centered environment. We are united by Our Core Values of *Living Faith, Accepting Responsibility, Promoting Teamwork, Achieving Excellence, and Inspiring Leadership*.

PE News

RMS PE classes have started the year by learning the basic rules of scoring and service rotations within the skilled and active tennis unit.

1st semester PE classes at Regis are starting the year with the skilled and active unit of tennis on our brand new tennis courts!



Did you know? The length of a standard tennis court is 78 feet.

Did you know? Tennis ball weighs roughly two ounces.

Keep Saving!



The following items are being collected at Regis this year: Box Tops for Education (found on General Mills products), milk caps (found on Kwik Trip bottled beverages), Campbell's products UPC's, Coca Cola points (found on Coke products). The music department benefits from the Box Tops and milk caps. The middle school general fund benefits from the Campbell's UPC's. We appreciate you taking the time to clip and collect those items and having them sent to the office or brought to your child's religion teacher. Thank you!

Immunization Reminder

Please make sure the school office is updated with vaccination dates. All 6th graders must receive an additional TDAP vaccination. There will be a FREE Immunization Clinic held on October 26 from 3pm-7pm.

THANK YOU!

Thank you to the Home & School Organization for providing the faculty and staff lunch on September 28th. Your generosity is appreciated!

Leaving for an Appointment?

When it is absolutely necessary for students to leave school for an appointment, the following procedure is to be followed:

- Notify the office by phone or e-mail (not the teacher)
- Student picks up a pass in the office before school on the day of the appointment.
- Student presents pass to teacher and reports to the school office.
- Student is signed out by a parent in the school office.
- Student (not the parent) signs back in at the office and picks up a pass to return to class.

Please avoid scheduling appointments during Mass time (Wednesdays at 9:45am).

Thank you for your cooperation!

Scheduling Conferences in Skyward

- ⇒ To schedule a conference, log into your Skyward Family Access account at <http://www.regiscatholicschools.com/skyward>. From the left menu, click on the Teacher Conferences link to get started.
- ⇒ Detailed instructions can be found at the following website: <http://www.regiscatholicschools.com/skyward>. From the Help section, click the families link.
- ⇒ Click the Schedule a Parent/Teacher Conference link.



25th ANNIVERSARY



Mark your calendars! Students and staff are invited to wear jeans for Regis Pride Day on Tuesday, October 10th in support of the 2017 Regis Catholic Schools Auction!

All we ask is that you make a minimum donation of \$2 in support of this year's event. The money raised at each school will be used to sponsor a silent auction item.

The Regis Catholic Schools Auction, which is being held on Saturday, November 4 at Regis High School, is the single biggest fundraiser for our St. Benedict Tuition Assistance Scholarship program, which makes tuition at our schools affordable for all families. (Last year, we raised \$119,500 in support of tuition assistance!) This year marks the 25th anniversary of this fun event...and we hope to make it even bigger and better. Not only is it a fantastic fundraiser, but also a fun night out.

Thank you for your support !

DEANERY WOMEN'S BIBLE STUDY

Following Christ takes more than simply believing in him or doing what he asks of us. Jesus wants you to be more than just a believer —he wants you to be his disciple and friend. The Bible Study **Follow Me: Meeting Jesus in the Gospel of John** is a guide to a personal encounter with Christ. Follow Me invites you to experience the joy of a renewed friendship with Christ. The 8-session Deanery Women's Bible Study will begin on Tuesday, October 17th at 9am at St. Mary's in Altoona. Join other women in the deanery for prayer and learning in a relaxed and social environment. To register, please contact Marianne Callaghan at 715-835-8840 or macallaghan115@gmail.com by Monday, October 9th.



ANNUAL LIFE CHAIN

Regis will again be hosting the annual Life Chain. This is a nationwide event. Our section of the chain will be formed along Hastings Way, where Regis Pro-Life Club members will be joined by other Pro-Life representatives from the Chippewa Valley for an hour of silent witness and prayer for Respect for Life. We'll meet in the back parking lot at 2:30 for distribution of posters and a word from our pastors, then form the Chain from 3:00 to 4:00. Anyone is welcome to join the Chain, including friends and family members of all ages

SPiRiT WEEK

While the high school students are celebrating Homecoming Week, the middle school students will have an "Incoming Week" celebration. They want to welcome the new students and 6th graders to our Regis building.

Middle School Incoming Week

Monday, October 2nd: Monday - Advisory Schedule

-Normal Dress Day (The pep club will explain the week to the ms in the auditorium during advisory)

Tuesday, October 3rd - Advisory Schedule

-Normal Dress Day, MS club meetings, locker clean and recycling during Advisory

Wednesday, October 4th - Dress up Day/Mass Day (all grades)

Thursday, October 5th- Pep Assembly Schedule

-Color Scheme Day (dress for assigned color scheme)

-8th Grade - Black or White out (All white or all black outfit)

-7th Grade - Neon (Any bright, or neon colored clothes)

-6th Grade - Rainbow (Any and as many colors of the rainbow clothes)

-Mix it up lunch day using the attached google doc.

-Talent show run by Pep Club in Auditorium after 8th hour

Friday, October 6th- Pep Assembly Schedule

-Rambler Spirit Day (all grades; go all out green and leprechauns)

-Kahoot trivia and gathering in the auditorium after 8th hour.

ALL STUDENTS BRING CHROMEBOOKS





Regis Music Association

Regis Middle and High School Choir & Band Programs

2017-2018 Music Association Sponsorship

We invite you to show your support for Regis Middle and High School music programs. The donations we receive from music program sponsorship will be used to support both Middle School and High School bands and choirs. Sponsors will be listed in our programs that are distributed at all music concerts.

Please check the level of donation you wish to make.

- Symphony \$1,000+
- Overture \$500-999
- Rhapsody \$250-499
- Concerto \$100-249
- Sonata \$50-99
- Cantata \$25-49
- Fugue \$5-24

AMOUNT ENCLOSED \$_____

Contributions are deductible from taxable income to the extent allowable by law.

Please indicate the contributor's name or business name exactly as you would like it to appear in the program.

Sponsor/Business Name: _____

Telephone: _____

Address: _____

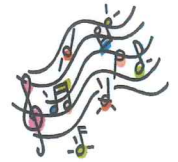
City/State/Zip: _____

The Regis Music Association sincerely thanks you for your generous support! Please return this form by **Monday, October 23, 2017** to have your listing placed in the Fall Concert programs. All sponsorships received after this date will be placed in subsequent programs.

Please return this form with your check payable to Regis Music Association.

Mail to: Regis Music Association, 2100 Fenwick Avenue, Eau Claire, WI 54701





RMS MUSIC DEPARTMENT NEWS

Upcoming Events

Monday, October 30, 7:00pm.....RMS Fall Band/Choir Concert, Auditorium

Wednesday, November 8, 6:00pmRegis Music Association Meeting, Band Room

Monday, December 11, 7:00pmRMS Christmas Concert, Auditorium

RMS Fall Concert Information- Monday, October 30 at 7:00pm

6th gr. Choir: Be in the choir room at **6:40 pm sharp** to warm up and rehearse.

Concert dress: Girls—white blouse, **black skirt** (knee length or longer), black dressy footwear.

Boys— white button-down dress shirt and black dress pants, **tie optional**, black dress shoes (no tennis shoes or casual shoes please)

7th gr. Choir: Be in the choir room at **6:30 pm sharp** to warm up and rehearse.

Concert dress: Girls— a “fall” solid-colored top (think colors of autumn leaves--dark red, dark blue, dark yellow, dark green, dark orange, or brown), black **skirt** (knee length or longer), black dressy footwear.

Boys— a white button-down dress shirt, black dress pants, **necktie (any color)**, black dress shoes (no tennis shoes or casual shoes please).

8th gr. Choir: Be in the choir room at **6:15 pm sharp** to warm up and rehearse.

Concert dress: Girls— a “fall” color **dress** (think colors of autumn leaves--dark red, dark blue, dark yellow, dark green, dark orange, brown, or white), or blouse and skirt; dressy footwear.

All Middle School Bands:

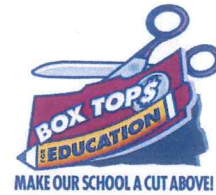
Concert dress: Boys- Black dress shirt, black pants, and dress shoes.

Girls- Black dress/skirt/pants knee length or longer with a black top that covers your shoulders, and black shoes.

6th Grade: Please meet in the Rambler Room at **6:15pm** for warmups and tuning

7th/8th Grade: Please meet in the band room at **6:30pm** for warm-ups and tuning.

If you have any questions, please email Mrs. Santine at bsantine@RegisCatholicSchools.com, or Ms. Hartman at khartman@RegisCatholicSchools.com.



Box Tops for Education

The Regis Music Department continues to collect *Box Tops for Education*, as we have done for the past thirteen years. Please turn in your Box Tops to the band or choir room—we appreciate your help and support! **Please be sure to check the expiration date on the Box Top, as we cannot turn in expired box tops.** Thank you!

“Milk Moola” milk cap program

We are still collecting milk caps from **Kwik Trip’s Milk Moola program**. You may turn in your milk caps to the band or choir room- **please be sure to wash and rinse them before turning them in.**

Thank you for your support of our Regis Music Department!

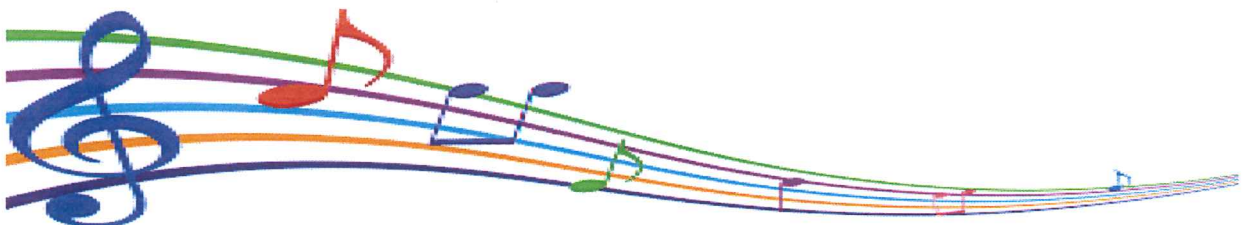


Coupon Book Fundraiser

From September 25-October 9, RHS music students and 8th grade music students will be selling “**Extreme Saver Chippewa Valley**” coupon books and mobile coupon passes for \$25 (a \$40 value, but you get both for \$25!). These books/mobile passes offer great discounts and “free” coupons for many local popular restaurants, coffee shops, services, and entertainment venues, and the mobile passes contain 90% of the offers in the book plus coupons all over WI, MN, and ND. The pass is valid for 12 months once downloaded, and the book coupons expire on December 30, 2018. The profit earned for this fundraiser will go into the seller’s school music trip account, to be used for our upcoming trip to St. Louis in April; the seller earns \$15 for every book/mobile pass combo sold! If you wish to purchase a coupon book, please see any high school music student, or contact Mrs. Santine or Ms. Hartman.

The Master Singers Fall Concert 2017: Remembered

The Master Singers, a chamber ensemble with membership from throughout the Greater Chippewa Valley, will open their Silver Anniversary Season 2017-2018 on October 15 at 2 PM with their Fall Concert at Lake Street United Methodist Church in Eau Claire. The Fall Concert will feature the Eau Claire Regis High School Choir, Rebecca Santine, conductor. Tickets are available at Festival Foods in Eau Claire, at First Congregational UCC in Eau Claire and at the door. The Master Singers are appreciative of the support by our season sponsors, including the Wisconsin Arts Board, Art Works, Wisconsin Public Radio and Kobussen Buses, Ltd.



Middle School Parents[®]

still make the difference!



Arm your middle schooler with effective study habits

Students need strong study skills to be successful in middle school—and parents play a significant role in helping their children develop them. The study skills middle schoolers learn now will help them succeed today, in high school and beyond.

To lay the groundwork for your child's academic success:

- Encourage her to break down large projects. Don't let your middle schooler get rattled by long-term assignments. Show her how to divide big projects into smaller, more manageable parts.
- Have your child estimate how long a homework assignment or project will take and plan her study time accordingly. Then, have her use a timer to see if her estimates are accurate. This will help her make adjustments for future assignments, if necessary.
- Increase her self-awareness. Ask your child to figure out when she's at her best. Then encourage her to do most of her homework and studying during those times. If she needs to let off some steam after school, encourage her to go for a run or a brisk walk before sitting down to study.
- Turn off the television. Don't buy your child's argument that TV is "just background noise." Make sure homework time is free from all distractions.
- Promote organization. Help her create a system to keep track of important assignments. It might be file folders, a color-coded binder or a desk calendar.

Sleep improves students' school performance



Experts agree: Most middle schoolers aren't getting the sleep they need in order to do their best in school. One study found that 85% of adolescents get fewer than eight and a half hours of sleep each night. Students this age should be getting nine to 10 hours.

When kids don't get enough sleep, their academic performance suffers. They have difficulty remembering material and concentrating in school.

And it's not just the amount of sleep that matters. Researchers say that consistency and quality of sleep matter, too.

To make sure your child gets the sleep he needs:

- Set a reasonable bedtime that results in at least nine hours of sleep each night. Be consistent throughout the week.
- Establish a bedtime routine that helps him relax and fall asleep. He could read or take a hot bath.
- Set a screen time curfew. Studies show that watching TV or using electronics 90 minutes before bedtime delays sleep.

Source: J.F. Dewald and others, "The influence of sleep quality, sleep duration and sleepiness on school performance in children and adolescents: A meta-analytic review," *Sleep Medicine Reviews*, Elsevier.

Simple strategies can help you spend more time with your child



Now that your child is getting older and her schedule is getting busier, it can be tough to find time to just hang out with her. But time together strengthens your bond and opens the doors of communication, so don't give up on it!

Instead, take advantage of the time you spend:

- **In the car.** If you're like many parents, you spend plenty of time behind the wheel. So take your child with you when you run errands. Sitting side by side (rather than face to face) may make it easier for her to open up and talk—about school, sports, friends or just life in general.

- **In the kitchen.** Cooking is another wonderful opportunity for spending time together. Ask your child to chop lettuce while you boil pasta. Have her describe her dream meal while you work.
- **At the library.** Browse whichever shelves she chooses. By taking an interest in the things she likes, you demonstrate that you value her.

“Children are our second chance to have a great parent-child relationship.”

—Laura Schlessinger

Don't let electronic devices derail your middle schooler's studies!



Sometimes it seems that middle schoolers are permanently attached to their phones, tablets and other devices. They text from the minute they wake up until they go to bed. They share funny videos and pictures with their friends. They scroll through social media.

So it's no surprise that students often try to use their phones while they're working in class or doing homework. But several research studies show that the more time students say that they text, use social media or read online while they do schoolwork, the lower their grades are.

Students often think their devices can help with their work. After all, they can watch a video of the Pyramids while studying history. They can check their answer to a math problem.

There's just one problem: Kids seldom stay focused on the work they

are doing. Pretty soon, they click from the history video to the latest internet joke. From then on, history is not their focus.

What can you do to help your child stay focused on his work and not on his smartphone? Here are some tips:

- **Talk about multitasking**—and how research shows it doesn't work. Students need to focus while studying or they won't learn.
- **Follow the rules** regarding devices in class. Many teachers have a “parking lot” where students must leave their phones or tablets.
- **Limit the use of devices** during homework time. Studies show that the more time students spend multitasking, the longer their studies take.
- **Be a role model yourself.** Don't check your phone during family dinner or (especially) in the car.

Source: K. Kowalski, “When Smartphones Go to School,” Science News for Students, niswc.com/mid_smartphone.

Do you encourage your child to spend time reading?



Reading for pleasure helps students build valuable comprehension and vocabulary skills. But many middle schoolers say they just don't have time to read. Are you encouraging your child to make time for reading? Answer *yes* or *no* to the questions below to find out:

- ___1. Do you keep all types of reading material around the house? Include magazines, newspapers, books, manuals, catalogs—anything with words!
- ___2. Do you schedule regular trips to the library so your child has plenty of opportunities to check out books?
- ___3. Do you link reading to your child's interests by suggesting books on topics that are important to her?
- ___4. Do you set a good example by reading in front of your child and talking about the things you read?
- ___5. Do you have a regular time for family reading? You might set aside one evening a week.

How well are you doing? Mostly *yes* answers mean you are strongly encouraging your middle schooler to read. For *no* answers, try those ideas.

Middle School
Parents
still make the difference!

Practical Ideas for Parents to Help Their Children. ISSN: 1523-1283

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Teach your child to follow four steps to learn from mistakes



While it may be comforting for students who have made a mistake to hear, “Well, you’ll learn from this,” it’s not always the case that they learn from it. Sometimes, students just keep making the same mistakes over and over again.

In order to really learn from mistakes, students need to think about them. Here are four steps your child can take to do just that:

- 1. Look at what was right.** You could say, “Your test wasn’t perfect. But let’s see where you succeeded.” Pointing out that all is not lost will motivate your child to take the next step.
- 2. Figure out what went wrong.** It’s hard to fix a problem if you don’t know what caused it. Sometimes, the solution is easy: The directions said to add and she subtracted. But other times, it requires more

analysis. Did your child misunderstand the question? Not leave enough time to check her work?

- 3. Take steps to correct the problem.** Perhaps your child will discover that she hasn’t learned content she needed to know. In that case, she may need to reread some of the textbook or ask the teacher for more help. Help her make a plan for what she will do differently the next time.
- 4. Apply this knowledge** to a new situation. Have your child try a problem that is similar to the one she missed on the test. Encourage her to stop at the place where she made the error and try to make a different choice. When she does, she’ll know that she really has learned from her mistake.

Source: H.S. Schroder and others, “Neural evidence for enhanced attention to mistakes among school-aged children with a growth mindset,” *Developmental Cognitive Neuroscience*, Elsevier B.V.

Reinforce learning outside the classroom with these activities



Your middle schooler’s education doesn’t just happen at school. It happens everywhere! And you don’t need a degree to reinforce his learning. You just need to be creative.

To support your child’s learning:

- Have him teach you a thing or two. Find out what he is studying at school, and ask him to explain it to you. When he retells something he’s learning, it will reinforce it in his own mind.
- Put his knowledge to use. If he just finished tackling fractions in math, have him join you in the kitchen. Show him the real-life value of what he’s learned. “This recipe calls for half a cup of milk, but we only have a 1/3-cup measurer. How can we figure out the right amount?”
- Expose him to new things. Every meaningful experience your child has—from a trip to a garden center to a visit to a local museum—has an impact on his learning. On your next outing, ask him how what he sees relates to what he is learning in school.
- **Host a family movie night.** Choose a thought-provoking film that your middle schooler has never seen. Afterward, ask him questions about the movie. Encourage him to think critically before he answers.

Q: Now that my child is in middle school, I’m afraid I won’t be in the loop about things like homework and upcoming tests. How can I stay informed about what he’s doing in school without seeming nosy?

Questions & Answers

A: Remember, it’s your job—and your right—to know how your son is doing in school, so you’re not being nosy. You’re being a good parent!

To stay informed:

- **Talk to your child.** Have him tell you about each of his classes. The more you know about his courses, the more comfortable you’ll feel asking about them. If your child doesn’t want to talk about school every day, set aside 10 to 15 minutes for a weekly chat. It will give him a chance to fill you in on how he’s doing. And if there’s a problem brewing, he will have an opportunity to tell you about it.
- **Read everything** that comes home. Ask your middle schooler to go through his backpack and give you any handouts from the school. Read all school emails and visit the school website. These are the most effective ways to stay informed about upcoming standardized tests, school events, etc.
- **Touch base** with your child’s teachers. If you won’t get an opportunity to meet them in person, send a note to each and introduce yourself. Include your phone number and email address, and ask them for their contact information.
- **Attend** school events and workshops when you can. It’s the perfect way to connect with school staff and other parents—and to find out what’s going on at school!

It Matters: Responsibility

Responsibility is vital for middle school success



Now that your child is a middle schooler, he will need to take more responsibility for his learning. Just sitting quietly and behaving in his classes won't be enough.

Middle school teachers want students to participate actively in classroom activities. Students' grades are often affected by the level of their class participation.

So, make sure your child knows it is his responsibility to:

- Attend class every day. He can't participate if he's not in class.
- Arrive on time. Arriving late disrupts his teacher and classmates.
- Come prepared for class with homework completed and supplies in hand.
- Ask questions. He should aim to ask at least one thoughtful question in each class every day.
- Contribute to class discussions and group work.

It is also your child's responsibility to avoid certain behaviors. Share these classroom "don'ts" with him:

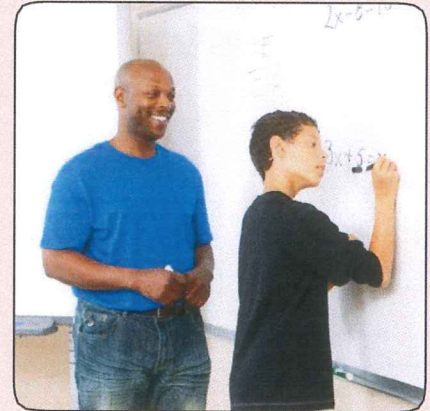
- Don't talk excessively when not called upon.
- Don't daydream.
- Don't put your head down on the desk or sleep.
- Don't move about the room when it's not required for class activity.
- Don't fidget or play with games or gadgets.
- Don't complete homework for one class during another.
- Don't make rude remarks or inappropriate gestures.

School attendance should be your child's top responsibility

Attendance is as important to your child's school career as a foundation is to a house. Without it, there is nothing to build on.

It would be nearly impossible to list all the reasons your child must be in school. Here are just a few:

- **School attendance is the law.** Every school district requires students to attend. The only exceptions are illness, a religious holiday or a family emergency.
 - **Missing school is terrible** for classroom performance. Most students have trouble keeping up if they miss more than a few days.
 - **Friendships often get started** at school. A child who misses school may have fewer friends.
- To aim for great attendance:
- **Tell your child** that his education is important to you and the family.



Let him know you expect him to go to school every day.

- **Schedule appointments** after school whenever possible.
- **Plan family trips** on days when school is not in session.
- **Avoid taking your child** out of school to babysit younger siblings or to run errands.

Facing consequences & solving problems builds responsibility



Your child forgot her homework, so she wants you to drive it to school. She didn't finish her paper—will you email her teacher with an excuse?

Sound familiar? Middle schoolers aren't always responsible. But some haven't ever *had to be*. Whenever those kids face a problem, their parents try to fix it.

That may solve some problems today. But it will create even bigger problems in the future.

To help your child develop the accountability she needs:

- Let her solve problems on her own. If she gets a grade that she feels is unfair, encourage her to talk to her teacher about it. Don't immediately contact the teacher yourself.
- Help her think about consequences. Encourage your child to think about the potential results of an action before taking it.
- Let her learn from experience. It's a good teacher. But your child can't learn the lesson if you always bail her out. So if she doesn't get her paper written on time, let her suffer the consequences.

October 2017

Regis Middle/High School Grab n` Go Breakfast Menu
This institution is a equal opportunity provider.

BREAKFAST



School Information: Contact Teresa Culbert for further information at 715-832-4623 or email at tculbert@regiscatholicschools.com

*Fresh Fruit & *100% Juice is offered with each breakfast meal.

* Skim White Milk

Menus subject to change due to availability

* Breakfast Served 8:25a.m– 8:45 a.m. in hallway by the Regis gym doors



Monday

2
Mini- Cinni's
Cheese Stick
100% Juice
Fresh Fruit
Milk

9
Cinnamon Pop-tart
Yogurt
100% Juice
Fresh Fruit
Milk

16
Mini- Cinni's
Cheese Stick
100% Juice
Fresh Fruit
Milk

23
Cinnamon Pop-tart
Yogurt
100% Juice
Fresh Fruit
Milk

30
Mini- Cinni's
Cheese Stick
100% Juice
Fresh Fruit
Milk

Tuesday

3
Blueberry Muffin
Yogurt
100% Juice
Fresh Fruit
Milk


10
Cocoa Chip Benefit Bar
Cheese stick
100% Juice
Fresh Fruit
Milk

17
Blueberry Muffin
Yogurt
100% Juice
Fresh Fruit
Milk

24
Cocoa Chip Benefit Bar
Cheese stick
100% Juice
Fresh Fruit
Milk

31
Blueberry Muffin
Yogurt
100% Juice
Fresh Fruit
Milk

Wednesday

***No Grab n` Go**
4


***No Grab n` Go**
11

***No Grab n` Go**
18

***No Grab n` Go**
25



Thursday

Cinnamon Roll
Yogurt
100% Juice
Fresh Fruit
Milk

Cinnamon Roll
Yogurt
100% Juice
Fresh Fruit
Milk

Cinnamon Roll
Yogurt
100% Juice
Fresh Fruit
Milk

No School
26

Friday

6
Strawberry Pop-tart
Cheese Stick
100% Juice
Fresh Fruit
Milk

13
Strawberry Cheerio
Cereal Bar
Cheese Stick
100% Juice
Fresh Fruit
Milk

20
Strawberry Pop-tart
Cheese Stick
100% Juice
Fresh Fruit
Milk

No School
27



October 2017

Regis Middle/High School Menu

This institution is a equal opportunity provider.

LUNCH



School Information: Contact Teresa Culbert for further information at 715-832-4623 or email at tculbert@regiscatholicschools.com



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



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

Monday

2
Ham Stack on a *Bun
Hamburger on a * Bun
Baked Tater Tots
Baby Carrots
Chilled Pears
Fresh Apple

9
*Baked Chicken Nuggets
*Meatball Sandwich
Baked Potato Rounds
Mixed Vegetables
Applesauce
Orange Wedges

16
Sloppy Joes on a *Bun
*Mozzarella Dippers w/Pizza Sauce
Baked Beans
Cucumber Slices
Warm Apple Slices
Fresh Apple

23
Hamburger on a * Bun
Baked B-que *Chicken Nuggets w/
*Breadstick
Whipped Potatoes
Cherry Tomatoes
Mixed Fruit
Orange Wedges

30
*Pepperoni Pizza Roll
*Baked Chicken Nuggets w/
*Breadstick
Baked Beans
Broccoli Florets
Mandarin Oranges
Fresh Apple

Tuesday

3
Walking Taco
Beef or Chicken
Lettuce/Tomato/Cheese/Salsa
Seasoned Refried Beans
Cucumber Slices
Mandarin Oranges
Banana

10
Hot Dog on a *Bun
Turkey & Cheese on a * Bun
Baked Beans
Cucumber slices
Cantaloupe Wedges
Chilled Pears

17
Chicken Patty on a *Bun
Cheeseburger on a *Bun
Sweet Potato Fries
Baby Carrots
Banana
Chilled Peaches

24
Hard Shell Tacos
Beef or Chicken
Lettuce/Tomatoes/Salsa
Refried Beans / Spanish Rice
Cucumber Slices
Chilled Pears
Fresh Apple

31
BBQ Pulled Pork on a *Bun
*Toasted Cheese Sandwich
Baked Seasoned Fries
Green Beans
Baby Carrots
Seedless Green Grapes
Chilled Applesauce

Wednesday

4
Pizza Hut * Pizza
Cheese or Pepperoni
Tossed Salad
Celery sticks
Applesauce
Orange Wedges

11
Pizza Hut *Pizza
Cheese or Pepperoni
Tossed Green Salad
Cherry Tomatoes/Green Peas
Chilled Peaches
Fresh Apple

18
Pizza Hut *Pizza
Cheese or Pepperoni
Tossed Green Salad
Broccoli/Cauliflower
Mixed Fruit
Orange Wedges

25
Pizza Hut *Pizza
Cheese or Pepperoni
Tossed Salad
Carrots & Celery Sticks
Chilled Peaches
Melon Wedges

Thursday

5
BBQ Pork Rib Sandwich
*Baked Mini Corn Dogs
Broccoli Florets
Red Pepper Strips
Hummus
Chilled Peaches
100% Grape Juice

12
Nacho Bar
Beef or Chicken
Lettuce/Tomato/Salsa
Black Bean Salad
Mixed Fruit
Orange Wedges

19
Teriyaki Chicken w/ Rice Pilaf
Popcorn Shrimp
Baked Potato Wedges
Green Peas
Mandarin Oranges
Kiwi

26
No School

Friday

6
*Toasted Cheese Sandwich
*Mozzarella Dippers w/Pizza Sauce
Tossed Salad
Tomato Soup
Baby Carrots
Chilled Pears
Fresh Apple

13
Fish Stick or
Mac & Cheese w/ *Breadstick
Whole Kernel Corn
Baby Carrots
Seedless Grapes
Pineapple Tidbits

20
*Cheese Quesadilla
Toasted Cheese Sandwich
Salsa
Whole Kernel Corn
Green Beans
Chilled Pears
Fresh Apple

27
No School

