

DECEMBER 2025

Rappahannock County High School
Student Breakfast - FREE, Adult Breakfast - \$2.84

Daily Breakfast Offerings -

Cereal, Grahams, Fresh Fruit, Juice, Milk
*Must select 1/2 cup Fruit or Juice w/ Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

1

French Toast Sticks
Muffin & Yogurt
Fruit & Yogurt Parfait

2

Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

3

Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

4

Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

5

Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

8

Sausage Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

9

Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

10

Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

11

Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

12

Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

15

French Toast Sticks
Muffin & Yogurt
Fruit & Yogurt Parfait

16

Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

17

Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

18

Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

19

Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

22

Winter Break

23

Winter Break

24

Winter Break

25

Winter Break

26

Winter Break

29

Winter Break

30

Winter Break

31

Winter Break

Menus are subject to change. For information on which menu items may contain allergens, please contact the cafeteria manager. **NEW** Point of Service - create a LINQ Connect account to add funds and make payments to a student meal account at <https://linqconnect.com> or download the app.

"This institution is an equal opportunity provider."



DECEMBER 2025

Rappahannock County High School

Student Lunch - FREE, Adult Lunch - \$ 4.82

Daily Lunch Offerings -

Fresh Fruit, Juice, Milk

*Must select 1/2 cup Veg, Fruit or Juice w/ Lunch



Monday

1
Chicken Tenders w/
Dinner Roll
Tater Tots
Fresh Carrots

Tuesday

2
Beef Nachos w/
Fresh Salsa & Toppings
Seasoned Corn
Seasoned Black Beans

Wednesday

3
Mac n Cheese
Roasted Broccoli
Cucumber Tomato Salad

Thursday

4
Tomato Soup w/
Grilled Cheese Sandwich
Green Beans
Fresh Carrots

Friday

5
Fresh Friday
Fresh Baked Pizza
Fries
Fresh Spinach Salad

8
Chicken Sandwich w/
Lettuce, Tomato & Pickle
Fresh Carrots
Seasoned Corn

9
Sausage Patty &
French Toast Sticks
Hash Brown
Roasted Broccoli

10
Cheeseburger w/
Lettuce, Tomato & Pickles
Baked Beans
Mashed Potatoes

11
Chicken Noodle Soup w/
Grilled Cheese Sandwich
Green Beans
Fresh Carrots

12
Fresh Friday
Fresh Baked Pizza
Fries
Cucumber Tomato Salad

15
Chicken Nuggets w/
Dinner Roll
Fresh Carrots
Potato Wedges

16
Beef Tacos w/
Fresh Salsa & Toppings
Seasoned Corn
Seasoned Black Beans

17
Chicken Alfredo w/
Garlic Knot
Roasted Broccoli
Cucumber Tomato Salad

18
Fresh Baked Pizza
Fries
Fresh Romaine Salad

19
12:00 Release Day
Chicken Sandwich
Green Beans
Fresh Carrots

22
Winter Break

23
Winter Break

24
Winter Break

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Winter Break

Harvest of the Month is SPINACH!

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