

Monday

Tuesday

Wednesday

Thursday

Friday

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Sausage Biscuit
 Pancakes
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Panther Sandwich
 Bagel with cream Cheese
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Sausage Gravy with
 Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

Chicken Biscuit
 Waffles
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Breakfast Pizza
 Glazed Donut
 Parfait
 Cereal Bars Muffin
 Fruits, Juice & Milk

Sausage Biscuit
 Pancakes
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Panther Sandwich
 Bagel with Cream Cheese
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Sausage Gravy with
 Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

Chicken Biscuit
 Waffles
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Breakfast Pizza
 Glazed Donut
 Parfait
 Cereal Bars Muffin
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Sausage Biscuit
 Pancakes
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Panther Sandwich
 Bagel with Cream Cheese
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Sausage Gravy with
 Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

[Enter Additional Info]

AUGUST 2022

Rappahannock High School

Student Lunch \$2.75
 Reduced Lunch \$.40
 Adult Lunch \$ 3.50

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Ranch Chicken Wrap
 Corn & Broccoli
 Fresh & Canned Fruits
 Juice and Milk

Turkey, Bacon, Cheese
 Sandwich
 Sweet Potatoes & Peas
 Fresh & Canned Fruits
 Juice and Milk

Pizza
 Tomato, Cucumber Salad &
 Corn
 Fresh & Canned Fruits
 Juice & Milk

Cheese Burgers
 Fries & Baked Beans
 Fresh & Canned Fruits
 Juice & Milk

Chicken Nuggets with
 Roll
 Broccoli & Carrots
 Fresh & Canned Fruits
 Juice and Milk

Cheese Burgers
 Fries & Carrots
 Fresh & Canned Fruits
 Juice & Milk

Taco's / Chips
 Corn & Refried Beans
 Fresh & Canned Fruits
 Juice and Milk

Pizza
 Tomato, Cucumber Salad &
 Broccoli
 Fresh & Canned Fruits
 Juice & Milk

Ham & Cheese Sub
 Side Salad & Pea
 Fresh & Canned Fruits
 Juice & Milk

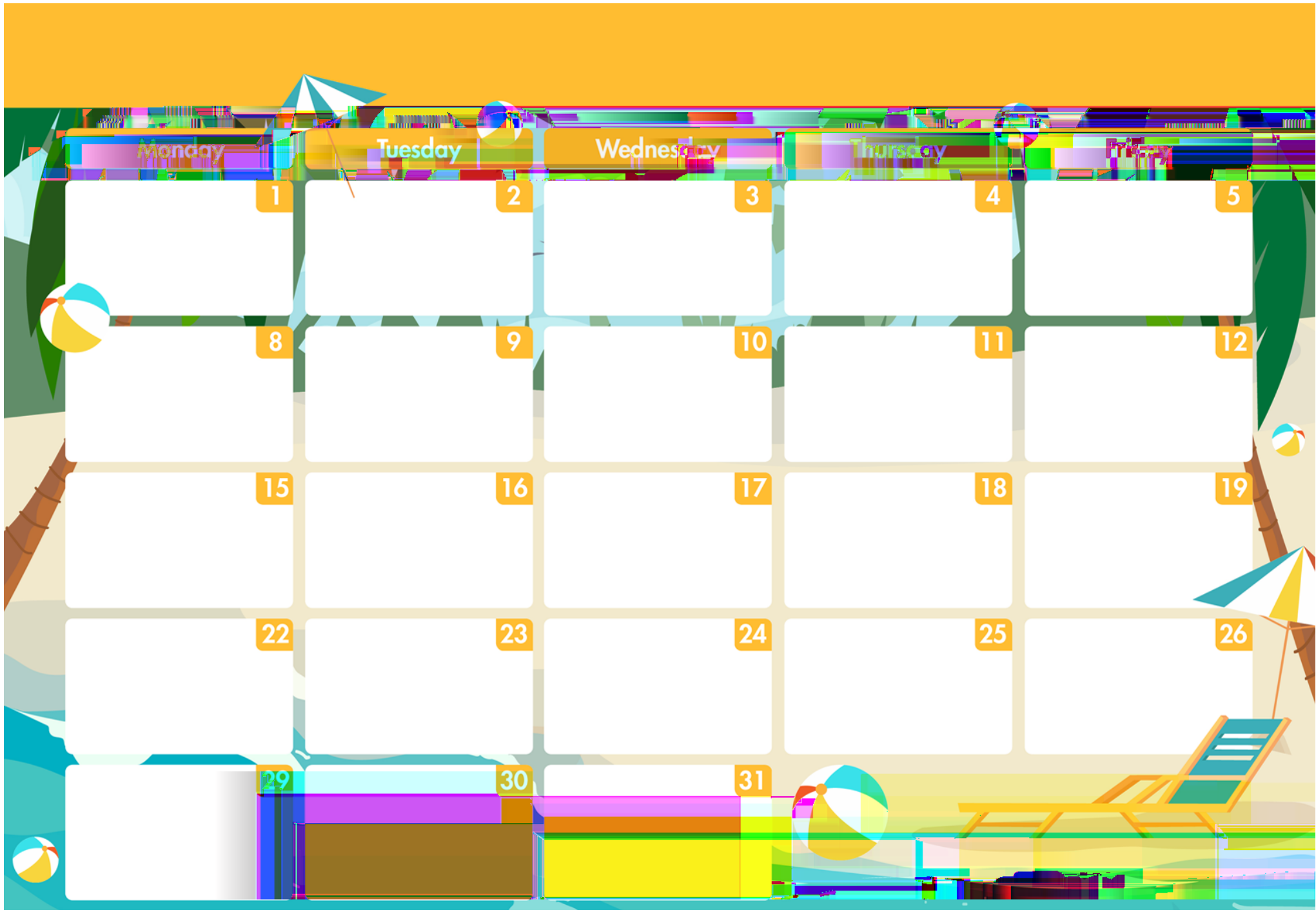
Chicken Nuggets with
 Roll
 Broccoli & Carrots
 Fresh & Canned Fruits
 Juice and Milk

Fish Sandwich
 Carrots & Fries
 Fresh & Canned Fruits
 Juice & Milk

Chicken Alfredo
 Roll
 Broccoli & Peas
 Fresh & Canned Fruits
 Juice and Milk

Quesadilla
 Side Salad & Carrot
 Fresh & Canned Fruits
 Juice and Milk

BAKED POTATO & SALAD BAR & PB&J SANDWITCH
 WILL BE OFFERED EVERY DAY



BAKED POTATO & SALAD BAR & PB&J SANDWITCH
WILL BE OFFERED EVERY DAY