



SEPTEMBER 2026

Rappahannock County High School

Student Breakfast \$2.30
Reduced Student Breakfast FREE
Adult Breakfast \$2.85

Monday

DAILY OFFERINGS
Juice & Milk
*Must select at least $\frac{1}{2}$
cup Fruit w/ Breakfast

Holiday!
No School!

Chicken Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Chicken Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Chicken Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Tuesday

French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

*Strawberry Smoothie Pops

French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

*Applesauce Muffins (F.T.
Valley Apples)

French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Wednesday

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Thursday

Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Friday

Holiday!
No School!

Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

*Farm to Tray local ingredient



To create a LINQ Connect account, add funds, or make payments to a student meal account, visit <https://linqconnect.com/main> or download the LINQ Connect app. Apply for free or reduced-price meals online through LINQ Connect at <https://linqconnect.com/public/meal-application/new>. Paper applications are also available on the School Nutrition website at <https://www.rappahannockschoools.us/nutrition> or at the School Board Office. For more information about free and reduced-price meals and the new Panther Meal Bridge Program, visit <https://www.rappahannockschoools.us/meals2026>.

"This institution is an equal opportunity provider."



SEPTEMBER 2026

Rappahannock County High School

Student Lunch \$3.70
Reduced Student Lunch FREE
Adult Lunch \$5.00

Monday

DAILY OFFERINGS

Baked Potato, Juice & Milk
*Must select at least $\frac{1}{2}$ cup Vegetable, Fruit, or Juice w/ Lunch

Tuesday

Chicken Nuggets w/ 1
Dinner Roll
Turkey Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Wednesday

Walking Tacos 2
PB&J Sandwich
Taco Salad Bar
Fruit & Vegetable Bar

Thursday

Chicken Alfredo w/ 3
Breadstick
Southwest Chicken Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Friday

4
Holiday!
No School!

7
Holiday!
No School!

Chicken Nuggets w/ 8
Dinner Roll
Ham Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Hot Dog 9
PB&J Sandwich
Taco Salad Bar
Tater Tots
Fruit & Vegetable Bar

Pasta Bake w/ 10
Breadstick
Caesar Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or 11
Buffalo Chicken Pizza
Pizza Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

Crispy Chicken Sandwich 14
Strawberry Parfait
Southwest Salad Bar
Buttered Corn
Fruit & Vegetable Bar

Chicken Nuggets w/ 15
Dinner Roll
Turkey Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Macaroni & Cheese w/ 16
Dinner Roll
PB&J Sandwich
Taco Salad Bar
Fruit & Vegetable Bar

French Toast Sticks 17
Sausage Patty
Crispy Chicken Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or 18
Pepperoni Pizza
Protein Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

Cheeseburger 21
Strawberry Parfait
Southwest Salad Bar
Oven Fries
Fruit & Vegetable Bar

Chicken Nuggets w/ 22
Dinner Roll
Turkey Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Walking Tacos 23
PB&J Sandwich
Taco Salad Bar
Fruit & Vegetable Bar

Chicken Alfredo w/ 24
Breadstick
Southwest Chicken Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or 25
Pepperoni Pizza
Protein Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

Chicken & Waffles 28
Blueberry Parfait
Southwest Salad Bar
Fruit & Vegetable Bar

Chicken Nuggets w/ 29
Dinner Roll
Ham Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Hot Dog 30
PB&J Sandwich
Taco Salad Bar
Tater Tots
Fruit & Vegetable Bar

Virginia Harvest of the Month is
Bell Peppers



To create a LINQ Connect account, add funds, or make payments to a student meal account, visit <https://linqconnect.com/main> or download the LINQ Connect app. Apply for free or reduced-price meals online through LINQ Connect at <https://linqconnect.com/public/meal-application/new>. Paper applications are also available on the School Nutrition website at <https://www.rappahannockschoools.us/nutrition> or at the School Board Office. For more information about free and reduced-price meals and the new Panther Meal Bridge Program, visit <https://www.rappahannockschoools.us/meals2026>.

"This institution is an equal opportunity provider."