

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Teacher Workday No School for Students</p>	<p>3</p> <p>Teacher Workday No School for Students</p>	<p>4</p> <p>Sausage Gravy & Biscuit Cinnamon Toast Crunch Bar Fruit & Yogurt Parfait Fresh Fruit, Juice & Milk</p>	<p>5</p> <p>Pancakes Muffin & Yogurt Cereal & Grahams Fresh Fruit, Juice & Milk</p>	<p>6</p> <p>Breakfast Pizza Glazed Doughnut Cereal & Grahams Fresh Fruit, Juice & Milk</p>
<p>9</p> <p>Sausage Biscuit Egg & Cheese Burrito Cereal & Grahams Fresh Fruit, Juice & Milk</p>	<p>10</p> <p>French Toast Sticks Muffin & Yogurt Cereal & Grahams Fresh Fruit, Juice & Milk</p>	<p>11</p> <p>Sausage Gravy & Biscuit Cinnamon Toast Crunch Bar Fruit & Yogurt Parfait Fresh Fruit, Juice & Milk</p>	<p>12</p> <p>Waffles Muffin & Yogurt Cereal & Grahams New*Peach & Yogurt Smoothie Fresh Fruit, Juice & Milk</p>	<p>13</p> <p>Breakfast Pizza Glazed Doughnut Cereal & Grahams Fresh Fruit, Juice & Milk</p>
<p>16</p> <p>Holiday</p>	<p>17</p> <p>French Toast Sticks Muffin & Yogurt Cereal & Grahams Fresh Fruit, Juice & Milk</p>	<p>18</p> <p>Sausage Gravy & Biscuit Cinnamon Toast Crunch Bar Fruit & Yogurt Parfait Fresh Fruit, Juice & Milk</p>	<p>19</p> <p>Pancakes Muffin & Yogurt Cereal & Grahams Fresh Fruit, Juice & Milk</p>	<p>20</p> <p>Breakfast Pizza Glazed Doughnut Cereal & Grahams Fresh Fruit, Juice & Milk</p>
<p>23</p> <p>Sausage Biscuit Bagel & Cream Cheese Cereal & Grahams Fresh Fruit, Juice & Milk</p>	<p>24</p> <p>French Toast Sticks Muffin & Yogurt Cereal & Grahams Fresh Fruit, Juice & Milk</p>	<p>25</p> <p>Sausage Gravy & Biscuit Cinnamon Toast Crunch Bar Fruit & Yogurt Parfait Fresh Fruit, Juice & Milk</p>	<p>26</p> <p>Waffles Muffin & Yogurt Cereal & Grahams New*Banana Berry Smoothie Fresh Fruit, Juice & Milk</p>	<p>27</p> <p>Breakfast Pizza Glazed Doughnut Cereal & Grahams Fresh Fruit, Juice & Milk</p>
<p>30</p> <p>Sausage Biscuit Egg & Cheese Burrito Cereal & Grahams Fresh Fruit, Juice & Milk</p>	<p>31</p> <p>French Toast Sticks Muffin & Yogurt Cereal & Grahams Fresh Fruit, Juice & Milk</p>			

This menu is subject to change due to availability.
 For more information on which menu items may contain allergens, please contact the cafeteria manager.
 Apply for Free or Reduced meals at: www.lunchapplication.com.
 Register and create an account for your child at www.K12PaymentCenter.com to add money and view their purchases.
 "This institution is an equal opportunity provider."

JANUARY 2023

Rappahannock County Elementary School

Student Lunch - \$2.25
 Reduced Student Lunch - FREE
 Adult Lunch - \$3.60

Monday	Tuesday	Wednesday	Thursday	Friday
2 Teacher Workday No School for Students	3 Teacher Workday No School for Students	4 Chicken Noodle Soup & Grilled Cheese Sandwich PB&J Sandwich Chef Salad, Baked Potato Green Beans & Potato Wedges Fresh Fruit & Milk	5 Chicken Patty PB&J Sandwich Chef Salad, Baked Potato Baked Beans & Mashed Potatoes Fresh Fruit & Milk	6 Cheese Pizza PB&J Sandwich Chef Salad, Baked Potato Broccoli & Tater Tots Fresh Fruit & Milk
9 Chicken Nuggets & Roll PB&J Sandwich Chef Salad, Baked Potato Fresh Carrots & Oven Fries Fresh Fruit & Milk	10 *Tacos & Lettuce, Cheese & Tomato Cup PB&J Sandwich Chef Salad, Baked Potato *Mexicali Corn & *Refried Beans *Fresh Orange Slices & Milk	11 Vegetable Beef Soup & Grilled Cheese Sandwich PB&J Sandwich Chef Salad, Baked Potato Green Beans & *Roasted Sweet Potatoes, Fresh Fruit & Milk	12 Pancakes & Sausage PB&J Sandwich Chef Salad, Baked Potato Fresh Carrots & Hash Brown Baked Apples & Milk	13 Personal Pizza PB&J Sandwich Chef Salad, Baked Potato Broccoli & Tater Tots Fresh Fruit & Milk
16 Holiday	17 Corn Dog PB&J Sandwich Chef Salad, Baked Potato Baked Beans & Mashed Potatoes Fresh Fruit & Milk	18 *Taco Soup & Tortilla Ch PB&J Sandwich Chef Salad, Baked Potato *Corn & Green Beans *Fresh Orange Slices & Milk	19 Chicken Alfredo PB&J Sandwich Chef Salad, Baked Potato Roasted Broccoli & Potato Wedges Fresh Fruit & Milk	20 Pepperoni French Bread Pizza PB&J Sandwich Chef Salad, Baked Potato Cucumber Slices & Tater Tots Fresh Fruit & Milk
23 Chicken Tenders & Roll PB&J Sandwich Chef Salad, Baked Potato Fresh Carrots & Oven Fries Fresh Fruit & Milk	24 Cheeseburger PB&J Sandwich Chef Salad, Baked Potato Baked Beans & Mashed Potatoes Fresh Fruit & Milk	25 Tomato Soup & Grilled Cheese Sandwich PB&J Sandwich Chef Salad, Baked Potato Green Beans & *Roasted Sweet Potatoes, Fresh Fruit & Milk	26 Spaghetti & Breadstick PB&J Sandwich Chef Salad, Baked Potato Roasted Broccoli & Potato Wedges Fresh Fruit & Milk	27 Stuffed Crust Pizza PB&J Sandwich Chef Salad, Baked Potato Cucumber Slices & Tater Tots Fresh Fruit & Milk
30 *Asian Chicken Nuggets & PB&J Sandwich Chef Salad, Baked Potato *Fresh Asian Slaw & Oven Fries *Fresh Asian Pear & Milk	31 *Chicken & Cheese Quesadilla PB&J Sandwich Chef Salad, Baked Potato *Mexicali Corn & *Black Beans *Fresh Orange Slices & Milk			

*Harvest of the Month is Sweet Potatoes!

*Thornton River Apples offered daily!

*Around the World Days – Mexican Culture & Asian Culture