

OCTOBER 2023

Rappahannock County High School

Student Breakfast \$1.85
 Student Reduced Breakfast FREE
 Adult Breakfast \$2.52

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Sausage Biscuit 2 Pancakes Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Panther Sandwich 3 Cinnamon Roll Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Sausage Gravy & Biscuit 4 Bagel & Cream Cheese Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | 5 Parent Teacher Conferences No School | 6 Professional Development No School |
| 9 Holiday No School | Panther Sandwich 10 Cinnamon Roll Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Sausage Gravy & Biscuit 11 Bagel & Cream Cheese Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Chicken Biscuit 12 French Toast Sticks Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk Apple Pie Smoothie! | Breakfast Pizza 13 Glazed Doughnut Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk |
| Sausage Biscuit 16 Pancakes Strawberry Shortcake Parfait! Muffin, Cereal Bar Fruit, Juice & Milk | Panther Sandwich 17 Cinnamon Roll Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Sausage Gravy & Biscuit 18 Bagel & Cream Cheese Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Chicken Biscuit 19 French Toast Sticks Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Breakfast Pizza 20 Glazed Doughnut Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk |
| Sausage Biscuit 23 Pancakes Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Panther Sandwich 24 Cinnamon Roll Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Sausage Gravy & Biscuit 25 Bagel & Cream Cheese Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Chicken Biscuit 26 French Toast Sticks Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk Pumpkin Pie Smoothie | Breakfast Pizza 27 Glazed Doughnut Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk |
| Sausage Biscuit 30 Pancakes Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | Panther Sandwich 31 Cinnamon Roll Fruit & Yogurt Parfait Muffin, Cereal Bar Fruit, Juice & Milk | | | |

Harvest of the Month is Apples! Local Apples from Thornton River Orchard offered daily!

New Items! Apple Pie Smoothie! Strawberry Shortcake Parfait! Pumpkin Pie Smoothie!

This menu is subject to change due to availability. For more information on which menu items may contain allergens, please contact the cafeteria manager.

Register and create an account for your child at www.K12PaymentCenter.com to add money and view purchases.

"This institution is an equal opportunity provider."



OCTOBER 2023

Rappahannock County High School

Student Lunch FREE thru December 15th
Adult Lunch \$4.31

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Pizza Quesadilla PB&J Sandwich Salad Bar, Baked Potato Fries & Carrots Fruit, Juice & Milk | Mini Corn Dogs PB&J Sandwich Salad Bar, Baked Potato Corn & Baked Beans Fruit, Juice & Milk | Crispy or Spicy Crispy Chicken Sandwich, Lett, Tom, Pickles PB&J Sandwich Salad Bar, Baked Potato Green Beans & Potato Wedges Fruit, Juice & Milk | Parent Teacher Conferences No School | Professional Development No School |
| Holiday No School | Walking Taco Tuesday Lettuce, Cheese & Tomato PB&J Sandwich Salad Bar, Baked Potato Corn & Beans Fruit, Juice & Milk | Sweet & Sour Chicken & Rice PB&J Sandwich Salad Bar, Baked Potato Roasted Broccoli & Potato Wedges Fruit, Juice & Milk | Panther Burger, Bacon & Cheese, Lett, Tom, Pickles PB&J Sandwich Salad Bar, Baked Potato Green Beans & Onion Rings Fruit, Juice & Milk | Pasta Primavera with Chicken & Fresh Vegetables Homemade Focaccia Bread PB&J Sandwich Salad Bar, Baked Potato Apple Crisp, Fruit, Juice & Milk |
| Cheese or Pepperoni Personal Pizza PB&J Sandwich Salad Bar, Baked Potato Fries & Carrots Fruit, Juice & Milk Pepperoni French Bread Pizza PB&J Sandwich Salad Bar, Baked Potato Fries & Carrots Fruit, Juice & Milk Buffalo Chicken or Cheese Pizza PB&J Sandwich Salad Bar, Baked Potato Fries & Carrots Fruit, Juice & Milk | Sausage Patty & French Toast Sticks PB&J Sandwich Salad Bar, Baked Potato Green Beans & Hash Brown Baked Apples, Juice & Milk BBQ Chicken & Corn Bread Poppers PB&J Sandwich Salad Bar, Baked Potato Green Beans & Sweet Potatoes Fruit, Juice & Milk Beef or Chicken Ramen Bowl PB&J Sandwich Salad Bar, Baked Potato Corn & Beans Fruit, Juice & Milk | Boneless Wings Wednesday & Dinner Roll PB&J Sandwich Salad Bar, Baked Potato Broccoli & Potato Wedges Fruit, Juice & Milk Chicken or Beef Tex Mex Bowl PB&J Sandwich Salad Bar, Baked Potato Corn & Beans Fruit, Juice & Milk | Hispanic Heritage Day! Tacos or Empanada & Rice PB&J Sandwich Salad Bar, Baked Potato Corn, Beans & Sweet Potatoes Mexican Fruit Salad , Juice & Chicken Alfredo & Garlic Knot PB&J Sandwich Salad Bar, Baked Potato Broccoli & Potato Wedges Fruit, Juice & Milk | Chicken Nuggets & Roll PB&J Sandwich Salad Bar, Baked Potato Fries & Tomato Cucumber Salad Fruit, Juice & Milk Chicken Tenders & Roll PB&J Sandwich Salad Bar, Baked Potato Fries & Tomato Cucumber Salad Fruit, Juice & Milk |

Harvest of the Month is Apples! Local Apples from Thornton River Orchard offered daily! Apple Crisp and Baked Apples!

Virginia Farm to School Week is October 2-6, **National School Lunch Week** is October 9-13, **Hispanic Heritage Day** is October 19!

NEW Scratch Cooking Item! – Pasta Primavera with Chicken & Fresh Vegetables & Homemade Focaccia Bread! Empanada!

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