

NOVEMBER 2026

Rappahannock Elementary School County

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

***Must select at least ½ cup Fruit w/ Breakfast**

Monday

2
 French Toast Sticks &
 Sausage Patty
 Yogurt & Grahams
 Cereal & Grahams

9
 French Toast Sticks &
 Sausage Patty
 Yogurt & Grahams
 Cereal & Grahams

16
 French Toast Sticks &
 Sausage Patty
 Yogurt & Grahams
 Cereal & Grahams

23
No School

30
 French Toast Sticks &
 Sausage Patty
 Yogurt & Grahams
 Cereal & Grahams

Tuesday

3
 Sausage & Egg Biscuit
 Muffin & Yogurt
 Cereal & Grahams

10
 Sausage & Egg Biscuit
 Muffin & Yogurt
 Cereal & Grahams

17
 Sausage & Egg Biscuit
 Muffin & Yogurt
 Cereal & Grahams

24
No School

Wednesday

4
 Sausage Gravy & Biscuit
 Cereal & Grahams
 Strawberry Parfait

11
 Sausage Gravy & Biscuit
 Cereal & Grahams
 Strawberry Parfait

18
 Sausage Gravy & Biscuit
 Cereal & Grahams
 Strawberry Parfait

25
No School

Thursday

5
 Ham, Egg, & Cheese
 Croissant
 Muffin & Yogurt
 Cereal & Grahams

12
 Ham, Egg, & Cheese
 Croissant
 Muffin & Yogurt
 Cereal & Grahams

19
 Ham, Egg, & Cheese
 Croissant
 Muffin & Yogurt
 Cereal & Grahams

26
No School

Friday

6
 Breakfast Pizza
 Glazed Donut (WG)
 Cereal & Grahams

13
 Breakfast Pizza
 Glazed Donut (WG)
 Cereal & Grahams

20
 Breakfast Pizza
 Glazed Donut (WG)
 Cereal & Grahams

27
No School

Daily Offerings:

Fresh Fruit
Fruit Juice
Milk Choice



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>. Menus are subject to change. For more information on which menu items may contain allergens, please contact the cafeteria manager.

"This institution is an equal opportunity provider."



NOVEMBER 2026

Rappahannock Elementary School County

Student Lunch: \$3.40
Reduced Student Lunch: FREE
Adult Lunch: \$5.00

*Must select at least ½ cup Vegetable or Fruit w/ Lunch

Monday

Hamburger/Cheeseburger **2**
French Fries
*Garden Salad

Fruit & Veggie Bar

Tuesday

Walking Tacos **3**
Strawberry Parfait
*Crispy Chicken Tender Salad

Fruit & Veggie Bar

Wednesday

Homemade Cheese or **4**
Pepperoni Pizza
*Taco Fiesta Salad

Fruit & Veggie Bar

Thursday

Spaghetti & **5**
Breadstick
Pizza Bento Box
*BLT Salad

Fruit & Veggie Bar

Friday

Chicken Tenders **6**
& Roll
French Fries
*Chef Salad

Fruit & Veggie Bar

Hotdog **9**
Chili & Cheese Toppings
French Fries
*Garden Salad

Fruit & Veggie Bar

Chicken & Waffles **10**
Strawberry Parfait
*Crispy Chicken Tender Salad

Fruit & Veggie Bar

Homemade Cheese or **11**
Pepperoni Pizza
*Taco Fiesta Salad

Fruit & Veggie Bar

Chicken Noodle Soup **12**
Grilled Cheese
Pizza Bento Box
*BLT Salad

Fruit & Veggie Bar

Chicken Nuggets & Roll **13**
Tater Tots
*Chef Salad

Fruit & Veggie Bar

Crispy Chicken Sandwich **16**
Potato Wedges
*Garden Salad

Fruit & Veggie Bar

Thanksgiving Meal **17**
Turkey & Gravy w/ Stuffing
Mashed Potatoes, Green
Beans, Sweet Potatoes
Pumpkin Pie

Homemade Cheese or **18**
Pepperoni Pizza
*Taco Fiesta Salad

Fruit & Veggie Bar

Breakfast for Lunch **19**
Sausage Gravy & Biscuit
Pizza Bento Box
*BLT Salad

Fruit & Veggie Bar

Chicken Tenders **20**
& Roll
French Fries
*Chef Salad

Fruit & Veggie Bar

23
No School

24
No School

25
No School

26
No School

27
No School

Hamburger/Cheeseburger **30**
French Fries
*Garden Salad

Fruit & Veggie Bar

Harvest
of the
Month
is Cabbage

Daily Offerings:
Baked Potato
PB&J
Milk Choice
*Pre-Made Salad



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