

OCTOBER 2026

Rappahannock County High School

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

Monday

Tuesday

Wednesday

Thursday

Friday



Daily Offerings
Juice & Milk
***Must select at least**
1/2 cup Fruit w/ Breakfast

1
Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

2
Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

5
Chicken Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

6
French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

7
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

8
No School for Students
Parent Teacher
Conferences

9
No School for Students
Professional
Development Day

12
No School for Students
Teacher Work Day

13
French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

14
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

15
Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

16
Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

19
Chicken Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

20
French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

21
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

22
Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

23
Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

26
Chicken Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

27
French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

28
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

29
Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

30
Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

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."



OCTOBER 2026

Rappahannock County Public School

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

Monday

Tuesday

Wednesday

Thursday

Friday



Daily Offerings -
Baked Potato
Juice & Milk
*Must select at least
1/2 cup Veg, Fruit or
Juice w/ Lunch

Crispy Chicken Sandwich **5**
Strawberry Parfait
Southwest Salad Bar
Buttered Corn
Fruit & Vegetable Bar

Chicken Nuggets w/ **6**
Dinner Roll
Turkey Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Macaroni & Cheese w/ **7**
Dinner Roll
PB&J Sandwich
Taco Salad Bar
Fruit & Vegetable Bar

Pasta Bake w/ **1**
Breadstick
Caesar Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or **2**
*Buffalo Chicken Pizza
Pizza Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

No School for Students **12**
Teacher Work Day

Chicken Nuggets w/ **13**
Dinner Roll
Turkey Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Walking Tacos **14**
PB&J Sandwich
Taco Salad Bar
Fruit & Vegetable Bar

Chicken Alfredo w/ **15**
Breadstick
Southwest Chicken Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or **16**
Pepperoni Pizza
Protein Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

Chicken & Waffles **19**
Blueberry Parfait
Southwest Salad Bar
Fruit & Vegetable Bar

Chicken Nuggets w/ **20**
Dinner Roll
Ham Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Hot Dog **21**
PB&J Sandwich
Taco Salad Bar
Tater Tots
Fruit & Vegetable Bar

Pasta Bake w/ **22**
Breadstick
Caesar Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or **23**
Buffalo Chicken Pizza
Pizza Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

Crispy Chicken Sandwich **26**
Strawberry Parfait
Southwest Salad Bar
Buttered Corn
Fruit & Vegetable Bar

Chicken Nuggets w/ **27**
Dinner Roll
Turkey Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Macaroni & Cheese w/ **28**
Dinner Roll
PB&J Sandwich
Taco Salad Bar
Fruit & Vegetable Bar

French Toast w/ **29**
Sausage Patty
Crispy Chicken Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or **30**
Pepperoni Pizza
Protein Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

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