

MAY 2026

Daily Breakfast Offerings -
Cereal, Grahams, Fresh Fruit, Juice, Milk
*Must select at least ½ cup Fruit or
Juice w/ Breakfast

BREAKFAST

Rappahannock County High School
Student Breakfast - FREE, Adult Breakfast - \$2.84

Monday

Tuesday

Wednesday

Thursday

Friday



1
Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

4
French Toast Sticks
Muffin & Yogurt
Fruit & Yogurt Parfait

5
Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

6
Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

7
Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

8
Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

11
Sausage Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

12
Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

13
Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

14
Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

15
Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

18
French Toast Sticks
Muffin & Yogurt
Fruit & Yogurt Parfait

19
Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

20
Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

21
Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

22
Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

25
Holiday
Early Release
12:00 pm - Tuesday,
Wednesday & Thursday

26
Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

27
Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

28
Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

29
No School
Teacher Workday/
Graduation

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

"This institution is an equal opportunity provider."

MAY 2026



Rappahannock County High School

Student Lunch - FREE, Adult Lunch - \$4.82

Daily Lunch Offerings-
Salads, Baked Potato, Fresh Fruit, Juice, Milk
*Must select at least ½ cup Vegetable,
Fruit or Juice w/ Lunch

Monday

Tuesday

Wednesday

Thursday

Friday



Fresh Baked Pepperoni
Pizza or Bento Box
Oven Fries

Fruit & Vegetable Bar

Chicken Tenders w/ **4**
Dinner Roll or
Fruit & Yogurt Parfait
Potato Wedges
Fruit & Vegetable Bar

Beef Nachos or **5**
Deli Sandwich
Fruit & Vegetable Bar

Spaghetti w/ **6**
Garlic Bread or
PB&J Sandwich
Fruit & Vegetable Bar

Sweet & Sour **7**
Chicken w/ Rice or
Southwest Chicken Wrap
Fruit & Vegetable Bar

Fresh Baked Cheese **8**
Pizza or Bento Box
Oven Fries
Fruit & Vegetable Bar

Chicken Sandwich or **1**
Fruit & Yogurt Parfait
Fruit & Vegetable Bar

Sausage Patty & **12**
French Toast Sticks or
Deli Sandwich
Hash Brown
Fruit & Vegetable Bar

Cheeseburger or **13**
PB&J Sandwich
Fruit & Vegetable Bar

Macaroni & Cheese w/ **14**
Breadstick or
Crispy Chicken Wrap
Fruit & Vegetable Bar

Fresh Baked Pepperoni **15**
Pizza or Bento Box
Oven Fries
Fruit & Vegetable Bar

Chicken Nuggets w/ **18**
Dinner Roll or
Fruit & Yogurt Parfait
Potato Wedges
Fruit & Vegetable Bar

Beef Tacos or **19**
Deli Sandwich
Fruit & Vegetable Bar

Chicken Sandwich or **20**
PB&J Sandwich
Fruit & Vegetable Bar

Chicken Alfredo w/ **21**
Garlic Bread or
Caesar Chicken Wrap
Fruit & Vegetable Bar

Fresh Baked Cheese **22**
Pizza or Bento Box
Oven Fries
Fruit & Vegetable Bar

Holiday **25**

Early Release
12:00 pm - Tuesday,
Wednesday & Thursday

Chicken Tenders w/ **26**
Dinner Roll or
Fruit & Yogurt Parfait
Potato Wedges
Fruit & Vegetable Bar

Turkey, Ham or PB&J **27**
Sandwich
Fruit & Vegetable Bar

Turkey, Ham or PB&J **28**
Sandwich
Fruit & Vegetable Bar

No School **29**

Teacher Workday/
Graduation

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