



## BREAKFAST

# JANUARY 2026

Rappahannock County Elementary School

Student Breakfast: FREE  
Adult Breakfast: \$2.84

\*Must select 1/2 cup Fruit or Juice w/ Breakfast

Monday

Daily Offerings:  
Fresh Fruit  
Fruit Juice  
Milk Choice

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

5  
Sausage Gravy & Biscuit  
Muffin & Yogurt  
Cereal & Grahams

6  
Panther Sandwich  
Fruit & Yogurt Parfait  
Cereal & Grahams

1  
NO SCHOOL

7  
Ham, Egg, & Cheese  
Croissant  
Mini Strawberry Cream Bagels  
Cereal & Grahams

2  
NO SCHOOL

12  
French Toast Sticks with  
Sausage Patty  
Bagel & Cream Cheese  
Cereal & Grahams

13  
Panther Sandwich  
Fruit & Yogurt Parfait  
Cereal & Grahams

8  
Breakfast Pizza  
Muffin & Yogurt  
Cereal & Grahams

9  
Breakfast Pizza  
Muffin & Yogurt  
Cereal & Grahams

19  
NO SCHOOL  
Holiday

14  
Sausage Gravy & Biscuit  
Muffin & Yogurt  
Cereal & Grahams

15  
Ham, Egg, & Cheese  
Croissant  
Mini Strawberry Cream Bagels  
Cereal & Grahams

16  
Breakfast Pizza  
Muffin & Yogurt  
Cereal & Grahams

26  
French Toast Sticks with  
Sausage Patty  
Bagel & Cream Cheese  
Cereal & Grahams

20  
Panther Sandwich  
Fruit & Yogurt Parfait  
Cereal & Grahams

21  
Sausage Gravy & Biscuit  
Muffin & Yogurt  
Cereal & Grahams

22  
Ham, Egg, & Cheese  
Croissant  
Mini Strawberry Cream Bagels  
Cereal & Grahams

23  
Breakfast Pizza  
Muffin & Yogurt  
Cereal & Grahams

27  
Panther Sandwich  
Fruit & Yogurt Parfait  
Cereal & Grahams

28  
Sausage Gravy & Biscuit  
Muffin & Yogurt  
Cereal & Grahams

29  
Ham, Egg, & Cheese  
Croissant  
Mini Strawberry Cream Bagels  
Cereal & Grahams

30  
Breakfast Pizza  
Muffin & Yogurt  
Cereal & Grahams

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."



# JANUARY 2026

Rappahannock County Elementary School

Student Lunch: FREE

Adult Lunch: \$4.82

\*Must select 1/2 cup Veg or Fruit with Lunch

Monday

Daily Offerings:  
Salad (Pre-Order)  
Loaded Baked Potato  
PB&J  
Fresh Fruit  
Milk Choice

Tuesday

Harvest of the Month Sweet Potatoes

Wednesday

Thursday

Friday

NO SCHOOL

12  
Cheeseburger w/ Toppings

Onion Rings  
Fresh Cucumbers/Tomatoes

19  
NO SCHOOL  
Holiday

26  
Beef Soft Tacos  
or Bento Box (NEW)

Lettuce, Tomato, Cheese Cup  
Fiesta Black Beans and Corn  
Fresh Bell Peppers

5  
Chicken Filet Sandwich

Potato Wedges  
Green Beans

13  
French Toast  
with Sausage Patty

Hash Brown  
Fresh Carrots

20  
Asian Chicken Nuggets  
with Vegetable Fried Rice

Steamed Broccoli  
Fresh Bell Peppers

27  
Hamburger w/ Toppings

Baked Beans  
Coleslaw  
Fresh Carrots

6  
Fresh Baked Cheese Pizza

French Fries  
Seasoned Corn

14  
Fresh Baked Pizza  
Cheese or Pepperoni

French Fries  
Fresh Bell Peppers

21  
Fresh Baked Pizza  
Cheese or Pepperoni

French Fries  
Fresh Celery Sticks

28  
Fresh Baked Pizza  
Cheese or Pepperoni

French Fries  
Fresh Celery Sticks & Tomatoes

1  
NO SCHOOL

8  
Spaghetti with Meat Sauce  
Garlic Knot

Vegetable Blend  
Fresh Cucumbers & Tomatoes

15  
Beef & Cheese Nachos  
or Bento Box (NEW)

Fiesta Black Beans and Corn  
Fresh Cucumbers

22  
Mac n Cheese with  
Hawaiian Sweet Dinner Roll  
or Bento Box (NEW)

Steamed Spinach  
Fresh Baby Carrots & Tomatoes

29  
Grilled Cheese  
or Bento Box (NEW)

Tomato Soup  
Potato Wedges  
Fresh Broccoli

23  
Chili with Cornbread

9  
Chicken Nuggets  
with Roll

Mashed Potatoes  
Fresh Carrots

16  
Chicken Tenders  
with Roll

Sweet Potatoes  
Fresh Celery Sticks

30  
Corndog Nuggets  
with Roll

Garden Salad  
Fresh Cucumbers & Cauliflower

Roasted Potatoes  
Fresh Cucumbers & Cauliflower

**NEW!** A BENTO BOX is a lunch with **small sections** inside. Each section holds a different food—like fruit, veggies, grains, and protein—so foods don't touch and it's easy to try a little of everything. It helps make lunches **balanced, colorful, and fun to eat!**

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