



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

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams

Panther Sandwich
Fruit & Yogurt Parfait
Cereal & Grahams

NO SCHOOL

NO SCHOOL

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

Panther Sandwich
Fruit & Yogurt Parfait
Cereal & Grahams

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams

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

Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams

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

Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams

NO SCHOOL
Holiday

Panther Sandwich
Fruit & Yogurt Parfait
Cereal & Grahams

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams

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

Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams

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

Panther Sandwich
Fruit & Yogurt Parfait
Cereal & Grahams

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams

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

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

Chicken Filet Sandwich

Potato Wedges
Green Beans

Fresh Baked Cheese Pizza

French Fries
Seasoned Corn

Spaghetti with Meat Sauce
Garlic Knot

Vegetable Blend
Fresh Cucumbers & Tomatoes

Chicken Nuggets
with Roll

Mashed Potatoes
Fresh Carrots

Cheeseburger w/ Toppings

Onion Rings
Fresh Cucumbers/Tomatoes

French Toast
with Sausage Patty

Hash Brown
Fresh Carrots

Fresh Baked Pizza
Cheese or Pepperoni

French Fries
Fresh Bell Peppers

Beef & Cheese Nachos
or Bento Box (NEW)

Fiesta Black Beans and Corn
Fresh Cucumbers

Chicken Tenders
with Roll

Sweet Potatoes
Fresh Celery Sticks

NO SCHOOL
Holiday

Asian Chicken Nuggets
with Vegetable Fried Rice

Steamed Broccoli
Fresh Bell Peppers

Fresh Baked Pizza
Cheese or Pepperoni

French Fries
Fresh Celery Sticks

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

Steamed Spinach
Fresh Baby Carrots & Tomatoes

Chili with Cornbread

Garden Salad
Fresh Cucumbers & Cauliflower

Beef Soft Tacos
or Bento Box (NEW)

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

Hamburger w/ Toppings

Baked Beans
Coleslaw
Fresh Carrots

Fresh Baked Pizza
Cheese or Pepperoni

French Fries
Fresh Celery Sticks & Tomatoes

Grilled Cheese
or Bento Box (NEW)

Tomato Soup
Potato Wedges
Fresh Broccoli

Corndog Nuggets
with Roll

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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