



# FEBRUARY 2024

## RAPPAHANNOCK COUNTY HIGH SCHOOL

Student Breakfast \$1.85  
Adult Breakfast \$2.52

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>5</b></p> <p>Sausage Biscuit Egg &amp; Cheese Burrito Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>6</b></p> <p>Panther Sandwich Cinnamon Roll <b>Smoothie</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>7</b></p> <p>Sausage Gravy &amp; Biscuit Bagel, Cinn Toast Crunch Bar <b>Fruit &amp; Yogurt Parfait</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>1</b></p> <p>Ham, Egg &amp; Cheese Croissant French Toast Sticks <b>Smoothie</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>2</b></p> <p>Breakfast Pizza Glazed Doughnut Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>
<p><b>12</b></p> <p>Sausage Biscuit Pancakes Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>13</b></p> <p>Panther Sandwich Cinnamon Roll <b>Smoothie</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>14</b></p> <p>Sausage Gravy &amp; Biscuit Bagel, Cinn Toast Crunch Bar <b>Fruit &amp; Yogurt Parfait</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>8</b></p> <p><b>Parent Teacher Conferences</b>  <b>No School for Students!</b></p>	<p><b>9</b></p> <p><b>Professional Development Day</b>  <b>No School for Students!</b></p>
<p><b>15</b></p> <p>Steak, Egg &amp; Cheese Croissant French Toast Sticks <b>Mystery Smoothie</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>19</b></p> <p><b>Holiday</b>  <b>No School!</b></p>	<p><b>21</b></p> <p>Sausage Gravy &amp; Biscuit Bagel, Cinn Toast Crunch Bar <b>Fruit &amp; Yogurt Parfait</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>16</b></p> <p>Breakfast Pizza Glazed Doughnut Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>22</b></p> <p>Chicken Biscuit French Toast Sticks <b>Smoothie</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>
<p><b>26</b></p> <p>Sausage Biscuit Egg &amp; Cheese Burrito Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>20</b></p> <p>Panther Sandwich Cinnamon Roll <b>Smoothie</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>28</b></p> <p>Sausage Gravy &amp; Biscuit Bagel, Cinn Toast Crunch Bar <b>Fruit &amp; Yogurt Parfait</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>23</b></p> <p>Breakfast Pizza Glazed Doughnut Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>	<p><b>30</b></p> <p>Ham, Egg &amp; Cheese Croissant French Toast Sticks <b>Smoothie</b> Muffin, Cereal Bar Fruit, Juice &amp; Milk</p>
				

**\*Mystery Smoothie – Guess the correct flavor and win a free treat!**

This menu is subject to change due to availability. For more information on which menu items may contain allergens, please contact the cafeteria manager.

Register and create an account for your child at [www.K12PaymentCenter.com](http://www.K12PaymentCenter.com) to add money and view purchases.

“This institution is an equal opportunity provider.”

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Chicken Nuggets & Roll **5**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Fries & Carrots  
Fruit, Juice & Milk

Taco Tuesday – **6**  
Walking Tacos  
PB&J Sandwich  
Salad Bar, Baked Potato  
Corn & Beans  
Fruit, Juice & Milk

Chicken Alfredo & **7**  
Garlic Knot  
PB&J Sandwich  
Salad Bar, Baked Potato  
Broccoli & Potato Wedges  
Fruit, Juice & Milk

Panther Bacon Cheeseburger **1**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Broccoli & **Sweet Potatoes**  
Fruit, Juice & Milk

Personal Pizza – **2**  
Cheese or Pepperoni  
PB&J Sandwich  
Salad Bar, Baked Potato  
Fries & **Tomato Cucumber Salad**  
Fruit, Juice & Milk

Chicken Tenders & **12**  
**Macaroni & Cheese**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Fries & Carrots  
Fruit, Juice & Milk

Meatball Sub **13**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Green Beans & **Sweet Potatoes**  
Fruit, Juice & Milk

**\*Staff Choice - Ramen Bowl** **14**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Broccoli & Potato Wedges  
Fruit, Juice & Milk

**8**  
**Parent Teacher Conferences**  
**No School for Students!**

**9**  
**Professional Development**  
**No School for Students!**

Mini Corn Dogs **15**  
PB&J Sandwich  
Salad Bar, Baked Potato  
**Baked Beans &**  
Mashed Potatoes  
Fruit, Juice & Milk

Pepperoni French Bread Pizza **16**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Fries & **Tomato Cucumber Salad**  
Fruit, Juice & Milk

**19**  
**Holiday**  
**No School!**

Chicken Patty **20**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Fries &  
Roasted Butternut Squash  
Fruit, Juice & Milk

**Tex Mex Bowl & Rice** **21**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Corn & Beans  
Fruit, Juice & Milk

Sausage Patty & **22**  
French Toast Sticks  
PB&J Sandwich  
Salad Bar, Baked Potato  
Carrots & Hash Brown  
Fruit, Juice & Milk

Pizza Sticks **23**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Fries & Sweet Peas  
Fruit, Juice & Milk

Asian Chicken Nuggets & **26**  
Rice  
PB&J Sandwich  
Salad Bar, Baked Potato  
Fries & Carrots  
Fruit, Juice & Milk

Mini Corn Dogs **27**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Baked Beans &  
Mashed Potatoes  
Fruit, Juice & Milk

Chicken Alfredo & **28**  
Garlic Knot  
PB&J Sandwich  
Salad Bar, Baked Potato  
Broccoli & Sweet Potatoes  
Fruit, Juice & Milk

Sausage Patty & **29**  
Sausage Gravy & Biscuit  
PB&J Sandwich  
Salad Bar, Baked Potato  
Hash Brown & Green Beans  
Fruit, Juice & Milk



**\*Harvest of the Month is Butternut Squash!**

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