



SEPTEMBER 2022

Rappahannock High School

Student Breakfast \$1.85
 Reduced Breakfast \$.30
 Adult Breakfast \$2.30

Monday

Tuesday

Wednesday

Thursday
Friday

NO SCHOOL

5

6
 Panther Sandwich
 Bagel with cream Cheese
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

7
 Sausage Gravy with Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

1
 Chicken Biscuit
 Waffles
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

2
 Breakfast Pizza
 Glazed Donut
 Parfait
 Cereal Bars Muffin
 Fruits, Juice & Milk

2

12
 Sausage Biscuit
 Pancakes
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

13
 Panther Sandwich
 Bagel with cream Cheese
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

14
 Sausage Gravy with Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

15
 Chicken Biscuit
 Waffles
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

16
 Breakfast Pizza
 Glazed Donut
 Parfait
 Cereal Bars Muffin
 Fruits, Juice & Milk

16

19
 Sausage Biscuit
 Pancakes
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

20
 Panther Sandwich
 Bagel with cream Cheese
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

21
 Sausage Gravy with Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

22
 Chicken Biscuit
 Waffles
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

23
 Breakfast Pizza
 Glazed Donut
 Parfait
 Cereal Bars Muffin
 Fruits, Juice & Milk

23

26
 Sausage Biscuit
 Pancakes
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

27
 Panther Sandwich
 Bagel with cream Cheese
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

28
 Sausage Gravy with Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

29
 Chicken Biscuit
 Waffles
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

30
 Breakfast Pizza
 Glazed Donut
 Parfait
 Cereal Bars Muffin
 Fruits, Juice & Milk

30




SEPTEMBER 2022

Rappahannock High School

Student Lunch \$2.75

Adult Lunch \$ 3.50

Monday

Tuesday

Wednesday

Thursday

Friday

Holiday

***Harvest of the Month:**
Bell Peppers

Chicken Stir Fry with
Bell Peppers & Rice
Broccoli & Carrots
Fresh & Canned Fruits
Juice & Milk

Pork BBQ Sandwich
Cole Slaw &
Baked Beans
Fresh & Canned Fruits
Juice and Milk

Cheese Burgers
Fries & Green Beans
Fresh & Canned Fruits
Juice & Milk

Cheese Burgers
Fries & Green Beans
Fresh & Canned Fruits
Juice & Milk

Tacos with Chips
Corn & Refried Beans
Fresh & Canned Fruits
Juice & Milk

Chicken Alfredo
Roll
Carrots & Broccoli
Fresh & Canned Fruits
Juice & Milk

Tacos with Chips
Corn & Refried Beans
Fresh & Canned Fruits
Juice & Milk

Quesadilla
Peas & Carrots
Fresh & Canned Fruits
Juice & Milk

Pizza
Tomato, Cucumber Salad
Corn
Fresh & Canned Fruits
Juice & Milk

Quesadilla
Side Salad
Sweet Potatoes
Fresh & Canned Fruits
Juice & Milk

Pizza
Carrots & Broccoli Cups
Fresh & Canned Fruits
Juice & Milk

Mini Corn Dogs
Baked Beans &
Cole Slaw
Fresh & Canned Fruits
Juice & Milk

Spaghetti with
Meat Sauce & Roll
Side Salad & Corn
Fresh & Canned Fruits
Juice & Milk

Meat Ball Subs
Side Salad & Broccoli
Fresh & Canned Fruits
Juice & Milk

Fish Sandwich
Fries & Corn
Fresh & Canned Fruits
Juice & Milk

No School
PT Conferences

Chicken Tenders with
Roll
Broccoli & Carrots
Fresh & Canned Fruits
Juice and Milk

Chicken Patty
Broccoli & Carrots
Fresh & Canned Fruits
Juice & Milk

Chicken Nuggets
Corn Muffin
Baked Beans & Carrots
Fresh & Canned Fruits
Juice & Milk

Chicken Tenders with
Roll
Broccoli & Carrots
Fresh & Canned Fruits
Juice and Milk

Chicken Nuggets with
Corn Muffin
Broccoli & Carrots
Fresh & Canned Fruits
Juice & Milk

BAKED POTATO, SALAD BAR, PB&J SANDWICH WILL BE SERVED EVERYDAY



Fun Fact: One **bell pepper** has more vitamin C than an **orange**!

