

# APRIL 2026

## BREAKFAST

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

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

Monday

Tuesday

Wednesday

Thursday

Friday

Spring Break

Spring Break

Spring Break

Professional  
 Development Day

No School for Students

Panther Sandwich  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Sausage Gravy & Biscuit  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Chicken Biscuit  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Breakfast Pizza  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Sausage Biscuit  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Panther Sandwich  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Sausage Gravy & Biscuit  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Chicken Sandwich  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Breakfast Pizza  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

French Toast Sticks  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Panther Sandwich  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Sausage Gravy & Biscuit  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Chicken Sandwich  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Breakfast Pizza  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Sausage Biscuit  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Panther Sandwich  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Sausage Gravy & Biscuit  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

Chicken Sandwich  
 Muffin & Yogurt  
 Fruit & Yogurt Parfait

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

Create a LINQ Connect account to add funds and make payments at <https://linqconnect.com> or download the app.

"This institution is an equal opportunity provider."



# APRIL 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

 LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

Harvest of the Month is Lettuce

6  
Professional  
Development Day  
No School for Students

7  
Chicken Nuggets w/  
Dinner Roll or  
Deli Sandwich  
Potato Wedges  
Fruit & Vegetable Bar

8  
Beef Tacos or  
PB&J Sandwich  
Fruit & Vegetable Bar

9  
Chicken Alfredo w/  
Garlic Bread or  
Caesar Chicken Wrap  
Fresh & Vegetable Bar

10  
Fresh Baked  
Cheese Pizza or  
Bento Box  
Oven Fries  
Fruit & Vegetable Bar

13  
Chicken Tenders w/  
Dinner Roll or  
Fruit & Yogurt Parfait  
Potato Wedges  
Fruit & Vegetable Bar

14  
Beef Nachos or  
Deli Sandwich  
Fruit & Vegetable Bar

15  
Spaghetti w/  
Garlic Bread or  
PB&J Sandwich  
Fresh & Vegetable Bar

16  
Sweet & Sour  
Chicken w/ Rice or  
Southwest Chicken Wrap  
Fruit & Vegetable Bar

17  
Fresh Baked  
Pepperoni Pizza or  
Bento Box  
Oven Fries  
Fruit & Vegetable Bar

20  
Chicken Sandwich or  
Fruit & Yogurt Parfait  
Fruit & Vegetable Bar

21  
Sausage Patty &  
French Toast Sticks or  
Deli Sandwich  
Hash Brown  
Fruit & Vegetable Bar

22  
Cheeseburger or  
PB&J Sandwich  
Fruit & Vegetable Bar

23  
Macaroni & Cheese w/  
Breadstick or  
Crispy Chicken Wrap  
Fruit & Vegetable Bar

24  
Fresh Baked  
Cheese Pizza or  
Bento Box  
Oven Fries  
Fruit & Vegetable Bar

27  
Chicken Nuggets w/  
Dinner Roll or  
Fruit & Yogurt Parfait  
Potato Wedges  
Fruit & Vegetable Bar

28  
Beef Tacos or  
Deli Sandwich  
Fruit & Vegetable Bar

29  
Chicken Sandwich or  
PB&J Sandwich  
Fruit & Vegetable Bar

30  
Chicken Alfredo w/  
Garlic Bread or  
Caesar Chicken Wrap  
Fruit & Vegetable Bar

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