

BREAKFAST

NOVEMBER 2025

Rappahannock County High School

Student Breakfast – FREE, Adult Breakfast -- \$2.84

Daily Breakfast Offerings -

Muffin, Cereal Bar, Yogurt

Fresh Fruit, Juice, Milk

*Must Select 1/2 cup Fruit or Juice w/ Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

 3 Sausage Biscuit French Toast Sticks Fruit & Yogurt Parfait	 4 Panther Sandwich Waffles Fruit & Yogurt Parfait	 5 Sausage Gravy & Biscuit Bagel & Cream Cheese Fruit & Yogurt Parfait	 6 Chicken Biscuit Pancakes Fruit & Yogurt Parfait	 7 Breakfast Pizza Egg & Cheese Burrito Fruit & Yogurt Parfait
 10 Sausage Biscuit French Toast Sticks Fruit & Yogurt Parfait	11 Panther Sandwich Waffles Fruit & Yogurt Parfait	12 Sausage Gravy & Biscuit Bagel & Cream Cheese Fruit & Yogurt Parfait	13 Chicken Biscuit Pancakes Fruit & Yogurt Parfait	 14 Breakfast Pizza Egg & Cheese Burrito Fruit & Yogurt Parfait
 17 Sausage Biscuit French Toast Sticks Fruit & Yogurt Parfait	18 Panther Sandwich Waffles Fruit & Yogurt Parfait	19 Sausage Gravy & Biscuit Bagel & Cream Cheese Fruit & Yogurt Parfait	20 Chicken Biscuit Pancakes Fruit & Yogurt Parfait	 21 Breakfast Pizza Egg & Cheese Burrito Fruit & Yogurt Parfait
 24 Thanksgiving Holiday	25 Thanksgiving Holiday	26 Thanksgiving Holiday	27 Thanksgiving Holiday	 28 Thanksgiving Holiday

Menus are subject to change. For information on which menu items may contain allergens, please contact the cafeteria manager. **NEW** Point of Service – create a LINQ Connect account to add funds and make payments to a student meal account at <https://linqconnect.com> or download the app.

"This institution is an equal opportunity provider."





NOVEMBER 2025

Rappahannock County High School

Student Lunch – FREE, Adult Lunch -- \$4.82

Daily Lunch Offerings –

PB&J, Salad Bar, Baked Potato

Fresh Fruit, Juice, Milk

*Must Select 1/2 cup Veg, Fruit or Juice w/ Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Tenders w/
Dinner Roll
Roasted Broccoli
Potato Wedges

Beef Nachos w/
Fresh Salsa
Seasoned Corn
Refried Beans

Ground Beef Vegetable
Soup w/ Grilled Cheese
Fresh Romaine Salad
Sweet Potato Fries

Tex Mex Chicken
Bowl w/ Rice
Fresh Carrots
Green Beans

Fresh Friday
Fresh Baked Pizza
Oven Fries
Tomato Cucumber Salad

Chicken Sandwich w/
Lettuce, Tomato & Pickle
Roasted Broccoli
Potato Wedges

Sausage Patty &
French Toast Sticks
Fresh Carrots
Hash Brown

Cheeseburger w/
Lettuce, Tomato & Pickle
Onion Rings
Green Beans

Harvest Thursday
BBQ Chicken w/
Homemade Corn Bread
Baked Beans
Cole Slaw

Fresh Friday
Fresh Baked Pizza
Oven Fries
Tomato Cucumber Salad

Chicken Nuggets w/
Dinner Roll
Fresh Carrots
Potato Wedges

Beef Tacos w/
Lettuce, Tomato & Cheese
Seasoned Corn
Seasoned Black Beans

Chicken Alfredo w/
Garlic Knot
Roasted Broccoli
Tomato Cucumber Salad
Applesauce

Thanksgiving Meal
Turkey & Gravy w/ Stuffing
Mashed Potatoes & Gravy
Green Beans, **Sweet Potatoes**
Pumpkin Pie

Fresh Friday
Fresh Baked Pizza
Oven Fries
Fresh Romaine Salad

Thanksgiving
Holiday

Thanksgiving
Holiday

Thanksgiving
Holiday

Thanksgiving
Holiday

Thanksgiving
Holiday

Harvest of the Month is Cabbage - Featured Menu Item is Cole Slaw. Highlighted items are fresh items and/or speed scratch items.

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