



OCTOBER 2026

Rappahannock County Elementary School

Student Breakfast: \$2.30
Reduced Student Breakfast: FREE
Adult Breakfast: \$2.85

*Must select at least ½ cup Fruit w/ Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

French Toast Sticks &
Sausage Patty
Yogurt & Grahams
Cereal & Grahams

Sausage & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Strawberry Parfait

Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

Breakfast Pizza
Glazed Donut (WG)
Cereal & Grahams

No School
Teacher Work Day

Sausage & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Strawberry Parfait

Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

Breakfast Pizza
Glazed Donut (WG)
Cereal & Grahams

French Toast Sticks &
Sausage Patty
Yogurt & Grahams
Cereal & Grahams

Sausage & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Strawberry Parfait

Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

Breakfast Pizza
Glazed Donut (WG)
Cereal & Grahams

French Toast Sticks &
Sausage Patty
Yogurt & Grahams
Cereal & Grahams

Sausage & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Strawberry Parfait

Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

Breakfast Pizza
Glazed Donut (WG)
Cereal & Grahams

To create a LINQ Connect account, add funds, or make payments to a student meal account, visit <https://linqconnect.com/main> or download the LINQ Connect app. Apply for free or reduced-price meals online through LINQ Connect at <https://linqconnect.com/public/meal-application/new>. Paper applications are also available on the School Nutrition website at <https://www.rappahannockschools.us/nutrition> or at the School Board Office. For more information about free and reduced-price meals and the new Panther Meal Bridge Program, visit <https://www.rappahannockschools.us/meals2026>. Menus are subject to change. "This institution is an equal opportunity provider."





OCTOBER 2026

Rappahannock County Elementary School

Student Lunch: \$3.40
Reduced Student Lunch: FREE
Adult Lunch: \$5.00

*Must select at least ½ cup Vegetable or Fruit w/ Lunch



Monday



Virginia
Harvest
of the
Month
is Apples!

Tuesday



Wednesday



Thursday

Friday

Crispy Chicken Sandwich
Buttered Corn
Garden Salad
Fruit & Veggie Bar

Pasta Bake & Breadstick
Crispy Chicken Tender
Salad
Fruit & Veggie Bar

Homemade Cheese
Pepperoni Pizza
Taco Fiesta Salad
Fruit & Veggie Bar

Mac n Cheese & Roll
Pizza Bento Box
Chef Salad
Fruit & Veggie Bar

Chicken Nuggets & Roll
Tater Tots
Garden Salad
Fruit & Veggie Bar

**No School
Teacher Work Day**
National School Lunch Week

Walking Tacos
Crispy Chicken Tender
Salad
Fruit & Veggie Bar

Homemade Cheese
Pepperoni Pizza
Taco Fiesta Salad
Fruit & Veggie Bar

Chicken Alfredo &
Breadstick
Pizza Bento Box
Chef Salad
Fruit & Veggie Bar

Chicken Nuggets & Roll
Tater Tots
Garden Salad
Fruit & Veggie Bar

Hotdog
Chili & Cheese Toppings
French Fries
Garden Salad
Fruit & Veggie Bar

Asian Chicken Nuggets &
Rice
Crispy Chicken Tender
Salad
Fruit & Veggie Bar

Homemade Cheese
Pepperoni Pizza
Taco Fiesta Salad
Fruit & Veggie Bar

Mac n Cheese & Roll
Pizza Bento Box
Chef Salad
Fruit & Veggie Bar

Chicken Tenders
& Roll
French Fries
Garden Salad
Fruit & Veggie Bar

Crispy Chicken Sandwich
Buttered Corn
Garden Salad
Fruit & Veggie Bar

Pasta Bake &
Breadstick
Crispy Chicken Tender
Salad
Fruit & Veggie Bar

Homemade Cheese
Pepperoni Pizza
Taco Fiesta Salad
Fruit & Veggie Bar

Breakfast for Lunch
French Toast Sticks
Sausage Patty
Pizza Bento Box
Chef Salad
Fruit & Veggie Bar

Chicken Nuggets & Roll
Tater Tots
Garden Salad
Apple Crisp
Fruit & Veggie Bar

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