



# MAY 2025

## Rappahannock County High School

Student Breakfast - \$2.73

Adult Lunch - FREE

Monday

Tuesday

Wednesday

Thursday

Friday

5  
Sausage Biscuit  
French Toast Sticks  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

6  
Panther Sandwich  
Waffles  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

7  
Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

1  
Chicken Biscuit  
Pancakes & **\*Sausage Links**  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

2  
Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Smoothie**  
**\*Apple Muffins**, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

12  
Sausage Biscuit  
French Toast Sticks  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

13  
Panther Sandwich  
Waffles  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

14  
Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

8  
Chicken Biscuit  
Pancakes & **\*Sausage Links**  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

9  
Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

19  
Sausage Biscuit  
French Toast Sticks  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

20  
Panther Sandwich  
Waffles  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

21  
Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

15  
Chicken Biscuit  
Pancakes & **\*Sausage Links**  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

16  
Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

26  
**Holiday**  
**No School**

27  
**Early Release**  
Manager's Choice  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

28  
**Early Release**  
Manager's Choice  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

22  
Chicken Biscuit  
Pancakes & **\*Sausage Links**  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

23  
Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

29  
**Early Release**  
**Students Last Day**  
Manager's Choice  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
Fresh Fruit, Juice & Milk

30  
**Teacher Workday**  
**Graduation**

**\*Local Sausage Links from Papa Weavers Pork in Orange, VA! \*Local Apple Muffins provided by The Carver Center!**

**\*Strawberry Smoothies will be featured every week for Harvest of the Month!**

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 is an equal opportunity provider."



# MAY 2025

## Rappahannock County High School

Student Lunch - \$4.63

Adult Lunch - FREE

Monday

Tuesday

Wednesday

Thursday

Friday

Crispy Chicken Sandwich w/  
Lettuce, Tomato & Pickles  
PB&J Sandwich  
Salad Bar & Baked Potato  
Carrots & Potato Wedges  
Fresh Fruit, Juice & Milk

**Chicken Quesadilla w/ Rice** 12

PB&J Sandwich  
Salad Bar, Baked Potato  
Carrots & Potato Wedges  
Fresh Fruit, Juice & Milk

**Chicken Fajitas w/ Peppers & Onions** 19

PB&J Sandwich  
Salad Bar, Baked Potato  
Carrots & Potato Wedges  
Fresh Fruit, Juice & Milk

**Holiday  
No School**

**Walking Taco Tuesday w/ \*Local Chorizo & Fresh Toppings**, PB&J Sandwich  
Salad Bar & Baked Potato  
Corn & Beans  
Fresh Fruit, Juice & Milk

**Tex Mex Rice Bowl w/ Queso, Guac & Fresh Toppings** 13

PB&J Sandwich  
Salad Bar & Baked Potato  
Corn & Beans  
Fresh Fruit, Juice & Milk

**Beef Nacho Bowls w/ Fresh Toppings** 20

PB&J Sandwich  
Salad Bar, Baked Potato  
Corn & Beans  
Fresh Fruit, Juice & Milk

**Early Release** 27

Pizza  
PB&J Sandwich  
Fries & Peas  
Fresh Fruit, Juice & Milk

**Chicken, Bacon & Ranch Wrap**, PB&J Sandwich  
Salad Bar & Baked Potato  
Green Beans &  
**Sweet Potatoes**  
Fresh Fruit, Juice & Milk

**Sloppy Joes** 14

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

**Turkey Club Wrap** 21

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

**Early Release** 28

**Turkey Sub**  
PB&J Sandwich  
Corn & Broccoli  
Fresh Fruit, Juice & Milk

Panther Bacon Cheeseburger  
w/ Toppings, PB&J Sandwich  
Salad Bar & Baked Potato  
Onion Rings &  
**Sweet Potatoes**  
Fresh Fruit, Juice & Milk

**\*Beef & Cheese Empanada w/ Salsa** 8

PB&J Sandwich  
Salad Bar & Baked Potato  
Broccoli & Onion Rings  
Fresh Fruit, Juice & Milk

**Chicken Alfredo & Roll** 15

PB&J Sandwich  
Salad Bar, Baked Potato  
Broccoli &  
Mixed Vegetables  
Fresh Fruit, Juice & Milk

**Ham & Cheese Sliders** 22

PB&J Sandwich  
Salad Bar, Baked Potato  
Broccoli &  
**Tomato Cucumber Salad**  
Fresh Fruit, Juice & Milk

**Early Release  
Students Last Day** 29

Bagged Lunch –  
PB&J Sandwich  
Carrots & Chips  
Fresh Fruit, Juice & Milk

**Fresh Pizza Friday** 2

PB&J Sandwich  
Salad Bar & Baked Potato  
Fries &  
**Tomato Cucumber Salad**  
Fresh Fruit, Juice & Milk

Chicken Nuggets & Roll 9

PB&J Sandwich  
Salad Bar, Baked Potato  
Fries & **\*Fresh Strawberry Arugula Salad**  
Fresh Fruit, Juice & Milk

Pizza 16

PB&J Sandwich  
Baked Potato, Salad Bar  
Fries & **Tomato Cucumber Salad**  
Fresh Fruit, Juice & Milk

Chicken Tenders & Roll 23

PB&J Sandwich  
Salad Bar, Baked Potato  
Fries & **\*Fresh Strawberry Spinach Salad**  
Fresh Fruit, Juice & Milk

**Teacher Workday  
Graduation**

**\*Local Chorizo from Papa Weavers Pork in Orange, VA! \*New Recipe - Beef & Cheese Empanadas!**

**\*Fresh Strawberry Arugula Salad and Fresh Strawberry Spinach Salad featured for Harvest of the Month!**

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