

AUGUST 2026

Rappahannock County High School

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

BREAKFAST



Monday

Tuesday

Wednesday

Thursday

Friday

3

4

5

6

7

DAILY OFFERINGS –

Juice & Milk

*Must select at least ½ cup Fruit w/ Breakfast

10

11

12

13

14

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

17

18

19

20

21

Chicken Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

24

25

26

27

28

Chicken Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

French Toast Sticks
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

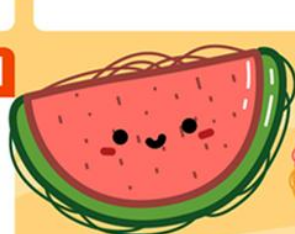
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Panther Sandwich
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar

31

Chicken Biscuit
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit Bar



Menus are subject to change.



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.rappahannockschoools.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.rappahannockschoools.us/meals2026>.

"This institution is an equal opportunity provider."

AUGUST 2026

Rappahannock County High School

Student Lunch \$3.70

Reduced Student Lunch FREE

Adult Lunch \$5.00



Monday

Tuesday

Wednesday

Thursday

Friday

3

4

5

6

7

DAILY OFFERINGS –

Baked Potato, Juice & Milk

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

10

11

12

13

14

Cheeseburger
Strawberry Parfait
Southwest Salad Bar
Oven Fries
Fruit & Vegetable Bar

Chicken Alfredo w/
Breadstick
Southwest Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or
Pepperoni Pizza
Protein Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

17

18

19

20

21

Chicken &
Waffles
Blueberry Parfait
Southwest Salad Bar
Fruit & Vegetable Bar

Chicken Nuggets w/
Dinner Roll
Ham Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Hot Dog
PB&J Sandwich
Taco Salad Bar
Tater Tots
Fruit & Vegetable Bar

Pasta Bake w/
Breadstick
Caesar Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or
Buffalo Chicken Pizza
Pizza Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

24

25

26

27

28

Crispy Chicken Sandwich
Strawberry Parfait
Southwest Salad Bar
Buttered Corn
Fruit & Vegetable Bar

Chicken Nuggets w/
Dinner Roll
Turkey Sub Sandwich
Caesar Salad Bar
Fruit & Vegetable Bar

Macaroni & Cheese w/
Dinner Roll
PB&J Sandwich
Taco Salad Bar
Fruit & Vegetable Bar

French Toast Sticks &
Sausage Patty
Crispy Chicken Wrap
Chef Salad Bar
Fruit & Vegetable Bar

Cheese Pizza or
Pepperoni Pizza
Protein Bento Box
Cobb Salad Bar
Fruit & Vegetable Bar

31

Cheeseburger
Strawberry Parfait
Southwest Salad Bar
Oven Fries
Fruit & Vegetable Bar



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