



SEPTEMBER 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

Daily Offerings:

Fresh Fruit
Fruit Juice
Milk Choice

Tuesday

1
Bacon & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams

Wednesday

2
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Strawberry Parfait

Thursday

3
Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

Friday

4
No School

7
No School
Labor Day

8
Bacon & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams

9
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Strawberry Parfait

10
Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

11
Breakfast Pizza
Glazed Donut (WG)
Cereal & Grahams

14
French Toast Sticks &
Sausage Patty
Yogurt & Grahams
Cereal & Grahams

15
Bacon & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams
***Strawberry Smoothie Pops**
& Grahams

16
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Strawberry Parfait

17
Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

18
Breakfast Pizza
Glazed Donut (WG)
Cereal & Grahams

21
French Toast Sticks &
Sausage Patty
Yogurt & Grahams
Cereal & Grahams

22
Bacon & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams
Homemade Applesauce
Muffins & Yogurt
(F.T. Valley Apples)

23
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Strawberry Parfait

24
Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

25
Breakfast Pizza
Glazed Donut (WG)
Cereal & Grahams

28
French Toast Sticks &
Sausage Patty
Yogurt & Grahams
Cereal & Grahams

29
Bacon & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams

30
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams
Strawberry Parfait

***Farm to Tray Local Ingredient**



To create a LINQ Connect account, add funds, or make payments to a student meal account, visit <https://lingconnect.com/main> or download the LINQ Connect app. **Apply for free or reduced-price meals online** through LINQ Connect at <https://lingconnect.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>. Menus are subject to change. "This institution is an equal opportunity provider."



SEPTEMBER 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

Daily Offerings:

Baked Potato
PB&J
Milk Choice
*Pre-Made Salad

Tuesday

Walking Tacos **1**
Strawberry Parfait
*Crispy Chicken Tender
Salad
Fruit & Veggie Bar

Wednesday

Homemade Cheese or **2**
Pepperoni Pizza
Blueberry Parfait
*Taco Fiesta Salad
Fruit & Veggie Bar

Thursday

Chicken Alfredo & **3**
Breadstick
Pizza Bento Box
*Chef Salad
Fruit & Veggie Bar

Friday

No School **4**

No School
Labor Day **7**

Chicken & Waffles **8**
Strawberry Parfait
*Crispy Chicken Tender
Salad
Fruit & Veggie Bar

Homemade Cheese or **9**
Pepperoni Pizza
Blueberry Parfait
*Taco Fiesta Salad
Fruit & Veggie Bar

Mac n Cheese & Roll **10**
Pizza Bento Box
*Chef Salad
Fruit & Veggie Bar

Chicken Nuggets & Roll **11**
Tater Tots
Ham & Cheese Hoagie
*Garden Salad
Fruit & Veggie Bar

Crispy Chicken Sandwich **14**
Buttered Corn
Turkey & Cheese Hoagie
*Garden Salad
Fruit & Veggie Bar

Pasta Bake & Breadstick **15**
Strawberry Parfait
*Crispy Chicken Tender
Salad
Fruit & Veggie Bar

Homemade Cheese or **16**
Pepperoni Pizza
Blueberry Parfait
*Taco Fiesta Salad
Fruit & Veggie Bar

Breakfast for Lunch **17**
French Toast Sticks &
Sausage Patty
Pizza Bento Box
*Chef Salad
Fruit & Veggie Bar

Chicken Tenders **18**
& Roll
French Fries
Ham & Cheese Hoagie
*Garden Salad
Fruit & Veggie Bar

Hamburger/Cheeseburger **21**
French Fries
Turkey & Cheese Hoagie
*Garden Salad
Fruit & Veggie Bar

Walking Tacos **22**
Strawberry Parfait
*Crispy Chicken Tender
Salad
Fruit & Veggie Bar

Homemade Cheese or **23**
Pepperoni Pizza
Blueberry Parfait
*Taco Fiesta Salad
Fruit & Veggie Bar

Chicken Alfredo & **24**
Breadstick
Pizza Bento Box
*Chef Salad
Fruit & Veggie Bar

Chicken Nuggets & Roll **25**
Tater Tots
Ham & Cheese Hoagie
*Garden Salad
Fruit & Veggie Bar

Hotdog **28**
Chili & Cheese Toppings
French Fries
Turkey & Cheese Hoagie
*Garden Salad
Fruit & Veggie Bar

Chicken & Waffles **29**
Strawberry Parfait
*Crispy Chicken Tender
Salad
Fruit & Veggie Bar

Homemade Cheese or **30**
Pepperoni Pizza
Blueberry Parfait
*Taco Fiesta Salad
Fruit & Veggie Bar

Harvest of the Month - Bell Peppers



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