



BREAKFAST

JANUARY 2026

Rappahannock County High School

Student Breakfast - FREE, Adult Breakfast - \$2.84

Daily Breakfast Offerings -

Cereal, Grahams, Fresh Fruit, Juice, Milk

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

Monday

Tuesday

Wednesday

Thursday

Friday

5

Teacher Workday

6

Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

7

Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

1

Winter Break

2

Winter Break

12

French Toast Sticks
Muffin & Yogurt
Fruit & Yogurt Parfait

13

Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

8
Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

9

Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

19

Holiday

20

Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

15
Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

16

Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

26

French Toast Sticks
Muffin & Yogurt
Fruit & Yogurt Parfait

27

Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

22
Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

23

Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

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."





JANUARY 2026

Rappahannock County High School

Student Lunch - FREE, Adult Lunch - \$4.82

Daily Lunch Offerings -
PBJ, Salad Bar, Baked Potato
Fresh Fruit, Juice, Milk

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

Monday

Tuesday

Wednesday

Thursday

Friday

5

Teacher Workday

6

Chicken Tenders w/
Dinner Roll
Fresh Carrots
Tater Tots

7

Beef Nachos w/
Fresh Salsa & Toppings
Seasoned Corn
Seasoned Black Beans

1

Winter Break

2

Winter Break

12

Chicken Sandwich w/
Lettuce, Tomato & Pickles
Fresh Carrots
Fresh Broccoli

13

Sausage Patty &
French Toast Sticks
Hash Brown
Fresh Cucumbers

14

Cheeseburger w/
Lettuce, Tomato & Pickles
Baked Beans
*Sweet Potatoes

15

Chicken Noodle Soup w/
Grilled Cheese Sandwich
Fresh Carrots
Fresh Broccoli

16

Fresh Friday
Fresh Baked Pizza
Fries
Fresh Romaine

19

Holiday

20

Chicken Nuggets w/
Dinner Roll
Fresh Carrots
Potato Wedges

21

Beef Tacos w/
Fresh Salsa & Toppings
Seasoned Corn
Seasoned Black Beans

22

Chicken Alfredo w/
Garlic Knot
Fresh Carrots
Fresh Broccoli

23

Fresh Friday
Fresh Baked Pizza
Fries
Fresh Romaine

26

Chicken Tenders w/
Dinner Roll
Fresh Carrots
Fresh Broccoli

27

Beef Nachos w/
Fresh Salsa & Toppings
Seasoned Corn
Seasoned Black Beans

28

Cheeseburger w/
Lettuce, Tomato & Pickles
Baked Beans
Fresh Cucumbers

29

Tomato Soup w/
Grilled Cheese Sandwich
Fresh Carrots
Fresh Broccoli

30

Fresh Friday
Fresh Baked Pizza
Fries
Tomato Cucumber Salad

*Harvest of the Month is Sweet Potatoes! Menus are subject to change.

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