

JANUARY 2026



BREAKFAST

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

14

Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

15

Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

16

Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

19

Holiday

20

Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

21

Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

22

Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

23

Breakfast Pizza
Muffin & Yogurt
Fruit & Yogurt Parfait

26

French Toast Sticks
Muffin & Yogurt
Fruit & Yogurt Parfait

27

Panther Sandwich
Muffin & Yogurt
Fruit & Yogurt Parfait

28

Sausage Gravy & Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

29

Chicken Biscuit
Muffin & Yogurt
Fruit & Yogurt Parfait

30

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

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

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

Monday

Tuesday

Wednesday

Thursday

Friday

Teacher Workday

Chicken Tenders w/
Dinner Roll
Fresh Carrots
Tater Tots

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

Tomato Soup w/
Grilled Cheese Sandwich
Fresh Carrots
Fresh Broccoli

Fresh Friday
Fresh Baked Pizza
Fries
Fresh Romaine

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

Sausage Patty &
French Toast Sticks
Hash Brown
Fresh Cucumbers

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

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

Fresh Friday
Fresh Baked Pizza
Fries
Tomato Cucumber Salad

Holiday

Chicken Nuggets w/
Dinner Roll
Fresh Carrots
Potato Wedges

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

Chicken Alfredo w/
Garlic Knot
Fresh Carrots
Fresh Broccoli

Fresh Friday
Fresh Baked Pizza
Fries
Fresh Romaine

Chicken Tenders w/
Dinner Roll
Fresh Carrots
Fresh Broccoli

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

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

Tomato Soup w/
Grilled Cheese Sandwich
Fresh Carrots
Fresh Broccoli

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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