BREAKFAST

NOVEMBER 2026

Rappahannock County High School

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Biscuit Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar	**3** French Toast Sticks Muffin & Yogurt Cereal & Grahams Strawberry Parfait Fresh Fruit Bar	**4** Sausage Gravy & Biscuit Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar	**5** Pancakes & Sausage Muffin & Yogurt Cereal & Grahams Strawberry Parfait Fresh Fruit Bar	**6** Breakfast Pizza Glazed Donut Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar
9 Sausage Biscuit Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar	**10** French Toast Sticks Muffin & Yogurt Cereal & Grahams Strawberry Parfait Fresh Fruit Bar	**11** Sausage Gravy & Biscuit Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar	**12** Panther Sandwich Muffin & Yogurt Cereal & Grahams Strawberry Parfait Fresh Fruit Bar	**13** Breakfast Pizza Glazed Donut Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar
16 Chicken Biscuit Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar	**17** French Toast Sticks Muffin & Yogurt Cereal & Grahams Strawberry Parfait Fresh Fruit Bar	**18** Sausage Gravy & Biscuit Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar	**19** Pancakes & Sausage Muffin & Yogurt Cereal & Grahams Strawberry Parfait Fresh Fruit Bar	**20** Breakfast Pizza Glazed Donut Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar
23 HOLIDAY NO SCHOOL	**24** HOLIDAY NO SCHOOL	**25** HOLIDAY NO SCHOOL	**26** HOLIDAY NO SCHOOL	**27** HOLIDAY NO SCHOOL
30 Sausage Biscuit Muffin & Yogurt Cereal & Grahams Fresh Fruit Bar				

Daily Offerings –
Juice & Milk
***Must select at least**
½ cup Fruit
w/ Breakfast

LINQ CONNECT® Click Here

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.rappahannockschools.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.rappahannockschools.us/meals2026. Menus are subject to change. For more information on which menu items may contain allergens, please contact the cafeteria manager.

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LUNCH

NOVEMBER 2026

Rappahannock County High School

Student Lunch $3.70
Reduced Student Lunch FREE
Adult Lunch $5.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger Strawberry Parfait Southwest Salad Bar Oven Fries Fruit & Vegetable Bar	**3** Chicken Nuggets & Dinner Roll Turkey Sub Sandwich Caesar Salad Bar Fruit & Vegetable Bar	**4** Walking Tacos PB&J Sandwich Taco Salad Bar Fruit & Vegetable Bar	**5** Chicken Alfredo w/ Breadstick Southwest Chicken Wrap Chef Salad Bar Fruit & Vegetable Bar	**6** Fresh Baked Cheese or Pepperoni Pizza Protein Bento Box Cobb Salad Bar Fruit & Vegetable Bar
9 Chicken & Waffles Blueberry Parfait Southwest Salad Bar Fruit & Vegetable Bar	**10** Chicken Nuggets & Dinner Roll Ham Sub Sandwich Caesar Salad Bar Fruit & Vegetable Bar	**11** Hot Dog PB&J Sandwich Taco Salad Bar Tater Tots Fruit & Vegetable Bar	**12** Pasta Bake w/ Breadstick Caesar Wrap Chef Salad Bar Fruit & Vegetable Bar	**13** Fresh Baked Cheese or Buffalo Chicken Pizza Pizza Bento Box Cobb Salad Bar Fruit & Vegetable Bar
16 Crispy Chicken Sandwich Strawberry Parfait Southwest Salad Bar Buttered Corn Fruit & Vegetable Bar	**17** Chicken Nuggets & Dinner Roll Turkey Sub Sandwich Caesar Salad Bar Fruit & Vegetable Bar	**18** THANKSGIVING LUNCH Turkey & Gravy w/ Stuffing Mashed Potatoes, Green Beans, Sweet Potatoes Pumpkin Pie, Fruit Bar	**19** French Toast Sticks w/ Sausage Patty Crispy Chicken Wrap Chef Salad Bar Fruit & Vegetable Bar	**20** Fresh Baked Cheese or Pepperoni Pizza Protein Bento Box Cobb Salad Bar Fruit & Vegetable Bar
23 HOLIDAY NO SCHOOL	**24** HOLIDAY NO SCHOOL	**25** HOLIDAY NO SCHOOL	**26** HOLIDAY NO SCHOOL	**27** HOLIDAY NO SCHOOL
30 Cheeseburger Strawberry Parfait Southwest Salad Bar Oven Fries Fruit & Vegetable Bar	Harvest of the Month is Cabbage	Daily Offerings - Baked Potato Juice & Milk *Must select at least ½ cup Veg, Fruit or Juice w/ Lunch		

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