



# SEPTEMBER 2024

## RAPPAHANNOCK COUNTY HIGH SCHOOL

Student Breakfast FREE

Adult Breakfast \$2.73

### Monday

2

**Holiday**  
**No School**

### Tuesday

3

Panther Sandwich  
Waffles & Toppings  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit** Juice & Milk

### Wednesday

4

Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

### Thursday

5

Chicken Biscuit  
Pancakes  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

### Friday

6

Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

9

Sausage Biscuit  
French Toast Sticks  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

10

Panther Sandwich  
Waffles & Toppings  
**\*Breakfast Banana Split**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit** Juice & Milk

11

Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones, &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

12

Chicken Biscuit  
Pancakes  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

13

Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

16

Sausage Biscuit  
French Toast Sticks  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

17

Panther Sandwich  
Waffles & Toppings  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

18

Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**\*Cinnamon Pumpkin Smoothie**  
Assorted Muffins, Scones, &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

19

Chicken Biscuit  
Pancakes  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

20

Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

23

Sausage Biscuit  
French Toast Sticks  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

24

Panther Sandwich  
Waffles & Toppings  
**\*Breakfast Banana Split**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit** Juice & Milk

25

Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones, &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

26

Chicken Biscuit  
Pancakes  
**Fruit & Yogurt Parfait**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

27

Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

30

Sausage Biscuit  
French Toast Sticks  
**Fruit & Yogurt Smoothie**  
Assorted Muffins, Scones &  
Cereal Bars w/ Yogurt  
**Fresh Fruit**, Juice & Milk

This menu is subject to change due to availability. For more information on which menu items may contain allergens, please contact the cafeteria manager.

Register and create an account for your child at [www.K12PaymentCenter.com](http://www.K12PaymentCenter.com) to add money and view purchases.

"This institution is an equal opportunity provider."





# SEPTEMBER 2024

## RAPPAHANNOCK COUNTY HIGH SCHOOL

Student Lunch FREE  
Adult Lunch \$4.63

### Monday

**Holiday  
No School**

### BBQ Chicken & Cornbread

PB&J Sandwich  
**Salad Bar**, Baked Potato  
Green Beans & **Sweet Potatoes**  
**Fresh Fruit**, Juice & Milk

Spicy or Mild Crispy  
Chicken Sandwich  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Green Beans & **Sweet Potatoes**  
**Fresh Fruit**, Juice & Milk

**Chicken Wrap**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Broccoli & **Sweet Potatoes**  
**Fresh Fruit**, Juice & Milk

**Ranen Bowl**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Fries & Carrots  
**Fresh Fruit**, Juice & Milk

### Tuesday

**Walking Taco Tuesday**  
**Lettuce, Cheese & Tomato**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Corn & Beans  
**Fresh Fruit**, Juice & Milk

**Tex Mex Rice Bowl**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Corn & Beans  
**Fresh Fruit**, Juice & Milk

**Chicken Alfredo** &  
Garlic Knot  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Corn & Broccoli  
**Fresh Fruit**, Juice & Milk

**Beef Nacho Bowl &  
Salsa**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Corn & Beans  
**Fresh Fruit**, Juice & Milk

### Wednesday

**Sweet & Sour Chicken  
& Rice**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Broccoli & Potato Wedges  
**Fresh Fruit**, Juice & Milk

**Chicken Pasta Primavera w/  
Vegetables & Focaccia Bread**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
**Roasted Broccoli**  
**Fresh Fruit**, Juice & Milk

Boneless Wing Wednesday &  
Roll, PB&J Sandwich  
**Salad Bar**, Baked Potato  
**\*Sweet Bell Peppers** &  
Potato Wedges  
**Fresh Fruit**, Juice & Milk

Quesadilla  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Carrots &  
**Southwest Vegetable Blend**  
**Fresh Fruit**, Juice & Milk

### Thursday

**Panther Burger w/ Bacon,  
Cheese, Lett, Tom & Pickles**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Green Beans & Onion Rings  
**Fresh Fruit**, Juice & Milk

Sausage Patty &  
French Toast Sticks  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Carrots & Hash Brown  
**Baked Apples** Juice & Milk

**Macaroni & Cheese** &  
Bread Stick  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Fries & Carrots

**Panther Burger w/ Bacon,  
Cheese, Lett, Tom & Pickles**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Green Beans & Onion Rings  
**Fresh Fruit**, Juice & Milk

### Friday

Chicken Tenders & Roll  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Fries & Sweet Peas  
**Fresh Fruit**, Juice & Milk

Pepperoni or Cheese Pizza  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Fries &  
**Tomato Cucumber Salad**  
**Fresh Fruit**, Juice & Milk

Mini Corn Dogs  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
**Baked Beans** &  
Mashed Potatoes  
**Fresh Fruit**, Juice & Milk

**Fresh Baked Pizza**  
PB&J Sandwich  
**Salad Bar**, Baked Potato  
Fries &  
**Tomato Cucumber Salad**  
**Fresh Fruit**, Juice & Milk

**\*Harvest of the Month is Sweet Bell Peppers!**

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