

MARCH 2026

Daily Breakfast Offerings -

Cereal, Grahams, Fresh Fruit, Juice, Milk

*Must select at least ½ cup Fruit or

Juice w/ Breakfast



Rappahannock County High School
 Student Breakfast - FREE, Adult Breakfast - \$2.84

Monday

Tuesday

Wednesday

Thursday

Friday

2

Sausage Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait

3

Panther Sandwich
 Muffin & Yogurt
 Fruit & Yogurt Parfait

4

Sausage Gravy & Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait
**NEW *Baked Blueberry
 Oatmeal Bar**

5

Chicken Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait

6

Breakfast Pizza
 Muffin & Yogurt
 Fruit & Yogurt Parfait

9

French Toast Sticks
 Muffin & Yogurt
 Fruit & Yogurt Parfait

10

Panther Sandwich
 Muffin & Yogurt
 Fruit & Yogurt Parfait

11

Sausage Gravy & Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait

12

Chicken Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait

13

Breakfast Pizza
 Muffin & Yogurt
 Fruit & Yogurt Parfait

16

Sausage Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait

17

Panther Sandwich
 Muffin & Yogurt
 Fruit & Yogurt Parfait

18

Sausage Gravy & Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait

19

Chicken Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait

20

Breakfast Pizza
 Muffin & Yogurt
 Fruit & Yogurt Parfait

23

French Toast Sticks
 Muffin & Yogurt
 Fruit & Yogurt Parfait

24

Panther Sandwich
 Muffin & Yogurt
 Fruit & Yogurt Parfait

25

Sausage Gravy & Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait

26

Chicken Biscuit
 Muffin & Yogurt
 Fruit & Yogurt Parfait

27

Breakfast Pizza
 Muffin & Yogurt
 Fruit & Yogurt Parfait

30

Spring Break

31

Spring Break



March 2-6 is National School Breakfast Week
 New Recipe - Baked Blueberry Oatmeal Bar

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

"This institution is an equal opportunity provider."



MARCH 2026

Rappahannock County High School
Student Lunch - FREE, Adult Lunch - \$4.82

Daily Lunch Offerings-
Salads, Baked Potato, Fresh Fruit, Juice, Milk
**Must select at least ½ cup Vegetable,
Fruit or Juice w/ Lunch*



Monday

Chicken Sandwich or **2**
Fruit & Yogurt Parfait
Potato Wedges
Fruit and Vegetable Bar

Chicken Nuggets w/ **9**
Dinner Roll or
Fruit & Yogurt Parfait
Potato Wedges
Fruit and Vegetable Bar

Chicken Tenders w/ **16**
Dinner Roll or
Fruit & Yogurt Parfait
Potato Wedges
Fruit and Vegetable Bar

Chicken Sandwich or **23**
Fruit & Yogurt Parfait
Potato Wedges
Fruit and Vegetable Bar

30
Spring Break

Tuesday

Sausage Patty & **3**
French Toast Sticks or
Deli Sandwich
Hash Brown
Fruit and Vegetable Bar

Beef Tacos or **10**
Deli Sandwich
Fruit and Vegetable Bar

Beef Nachos or **17**
Deli Sandwich
Fruit and Vegetable Bar

Sausage Patty & **24**
French Toast Sticks or
Deli Sandwich
Hash Brown
Fruit and Vegetable Bar

31
Spring Break

Wednesday

Cheeseburger or **4**
PB&J Sandwich
Baked Beans
Fruit and Vegetable Bar

Chicken Sandwich or **11**
PB&J Sandwich
Fruit and Vegetable Bar

Spaghetti w/ **18**
Garlic Bread or
PB&J Sandwich
Fruit and Vegetable Bar

Cheeseburger or **25**
PB&J Sandwich
Baked Beans
Fruit and Vegetable Bar

Thursday

Chicken Noodle Soup w/ **5**
Grilled Cheese Sandwich or
Crispy Chicken Wrap
Fruit and Vegetable Bar

Chicken Alfredo w/ **12**
Garlic Bread or
Caesar Chicken Wrap
Fruit and Vegetable Bar

Tomato Soup w/ **19**
Grilled Cheese Sandwich or
Southwest Chicken Wrap
Fruit and Vegetable Bar

Chicken Noodle Soup w/ **26**
Grilled Cheese Sandwich or
Crispy Chicken Wrap
Fruit and Vegetable Bar

Friday

Fresh Baked Pizza **6**
Cheese or Pepperoni or
Bento Box
Oven Fries
Fruit and Vegetable Bar

Fresh Baked Pizza **13**
Cheese or Pepperoni or
Bento Box
Oven Fries
Fruit and Vegetable Bar

Fresh Baked Pizza **20**
Cheese or Pepperoni or
Bento Box
Oven Fries
Fruit and Vegetable Bar

Fresh Baked Pizza **27**
Cheese or Pepperoni or
Bento Box
Oven Fries
Fruit and Vegetable Bar

Virginia Harvest of the Month is KALE!

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