

SEPTEMBER 2025

Rappahannock County High School

Student Breakfast – FREE
Adult Lunch – \$2.84

Monday

1

Holiday
No School

8

Sausage Biscuit
French Toast Sticks
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

15

Sausage Biscuit
French Toast Sticks
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

22

Sausage Biscuit
French Toast Sticks
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

29

Sausage Biscuit
French Toast Sticks
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

Tuesday

2

Panther Sandwich
Waffles
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

9

Panther Sandwich
Waffles w/ Toppings
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

16

Panther Sandwich
Waffles w/ Toppings
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

23

Panther Sandwich
Waffles w/ Toppings
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

30

Panther Sandwich
Waffles w/ Toppings
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

Wednesday

3

Sausage Gravy & Biscuit
Bagel & Cream Cheese
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

10

Sausage Gravy & Biscuit
Bagel & Cream Cheese
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

17

Sausage Gravy & Biscuit
Bagel & Cream Cheese
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

24

Sausage Gravy & Biscuit
Bagel & Cream Cheese
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

Thursday

4

Chicken Biscuit
Pancakes
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

11

Chicken Biscuit
Pancakes
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

18

Chicken Biscuit
Pancakes
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

25

Chicken Biscuit
Pancakes
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

Friday

5

Breakfast Pizza
Egg & Cheese Burrito
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

12

Breakfast Pizza
Egg & Cheese Burrito
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

19

Breakfast Pizza
Egg & Cheese Burrito
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt
Fresh Fruit, Juice & Milk

26

PD Day
No School for Students



Apple QR Code

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 scan the QR code to download the app.

"This institution is an equal opportunity provider."



Google QR Code



SEPTEMBER 2025

Rappahannock County High School

Student Lunch – FREE
Adult Lunch – \$4.82

Monday

1

Holiday
No School

Chicken Nuggets & Roll
PB&J Sandwich
Salad Bar, Baked Potato
Oven Fries &
Fresh Broccoli
Fresh Fruit, Juice & Milk

8

Chicken Tenders & Roll
PB&J Sandwich
Salad Bar, Baked Potato
Oven Fries &
Fresh Broccoli
Fresh Fruit, Juice & Milk

15

Chicken Sandwich, PB
Salad Bar, Baked Potato
Oven Fries & **Fresh Broccoli**
Fresh Strawberry & Raspberry Arugula Salad
Fresh Fruit, Juice & Milk

22

Chicken Nuggets & Roll
PB&J Sandwich
Salad Bar, Baked Potato
Oven Fries &
Fresh Broccoli
Fresh Fruit, Juice & Milk

29

Tuesday

2

Chicken Sandwich
PB&J Sandwich
Salad Bar, Baked Potato
Green Beans &
Fresh Broccoli
Fruit Fruit, Juice & Milk

Beef Tacos w/ **Toppings**
PB&J Sandwich
Salad Bar, Baked Potato
Refried Beans &
Fresh Carrots
Fresh Fruit, Juice & Milk

16

Beef Nachos w/ **Toppings**
PB&J Sandwich
Salad Bar, Baked Potato
Black Beans &
Fresh Carrots
Fresh Fruit, Juice & Milk

23

Sausage Patty &
French Toast Sticks
PB&J Sandwich
Salad Bar, Baked Potato
Hash Browns & **Fresh Carrots**
Fresh Fruit, Juice & Milk

30

Walking Beef Tacos w/
Toppings, PB&J Sandwich
Salad Bar, Baked Potato
Refried Beans &
Fresh Carrots
Fresh Fruit, Juice & Milk

Wednesday

3

Sausage Patty &
French Toast Sticks
PB&J Sandwich
Salad Bar, Baked Potato
Hash Browns & **Fresh Carrots**
Fresh Fruit, Juice & Milk

Chicken Alfredo & Garlic
PB&J Sandwich
Salad Bar, Baked Potato
Green Beans &
Tomato Cucumber Salad
Fresh Fruit, Juice & Milk

10

Chicken Bacon Ranch Wrap
PB&J Sandwich
Salad Bar, Baked Potato
Green Beans &
Tomato Cucumber Salad
Fresh Fruit, Juice & Milk

17

Buffalo Chicken Stuffed Peppers, PB&J Sandwich
Salad Bar, Baked Potato
Green Beans &
Tomato Cucumber Salad
Fresh Fruit, Juice & Milk

24

Thursday

4

Harvest Thursday
Cheeseburger w/ **Toppings**
PB&J Sandwich
Salad Bar, Baked Potato
Corn & **Sweet Bell Peppers**
Fresh Fruit, Juice & Milk

Harvest Thursday
Chicken & Cheese Quesadilla
w/ Rice, PB&J Sandwich
Salad Bar, Baked Potato
Corn & **Sweet Bell Peppers**
Fresh Fruit, Juice & Milk

11

Harvest Thursday
Tex Mex Chicken Bowl
w/ Rice, PB&J Sandwich
Salad Bar, Baked Potato
Corn & **Sweet Bell Peppers**
Fresh Fruit, Juice & Milk

18

Harvest Thursday
Spaghetti w/ Local Beef & Scratch Sauce & Garlic Knot
PBJ, Salad Bar, Baked Potato
Corn & **Sweet Bell Peppers**
Fresh Fruit, Juice & Milk

25

Friday

5

Fresh Friday
Fresh Baked Cheese Pizza
PB&J Sandwich
Salad Bar, Baked Potato
Oven Fries & **Fresh Carrots**
Fresh Fruit, Juice & Milk

Fresh Friday
Fresh Baked Cheese Pizza
PB&J Sandwich
Salad Bar, Baked Potato
Oven Fries & **Fresh Carrots**
Fresh Fruit, Juice & Milk

12

Fresh Friday
Fresh Baked Cheese Pizza
PB&J Sandwich
Salad Bar, Baked Potato
Oven Fries & **Fresh Carrots**
Fresh Fruit, Juice & Milk

19

PD Day
No School for Students

26

Hispanic Heritage Month -
Beef Tacos
Beef Nachos
Walking Beef Tacos

Harvest of the Month -
Sweet Bell Peppers on Harvest Thursdays
New - Buffalo Chicken Stuffed Peppers

New Menu Item -
Fresh Strawberry & Raspberry Arugula Salad



Apple QR Code

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 scan the QR code to download the app.

"This institution is an equal opportunity provider."



Google OR Code