

# DECEMBER 2022

## Rappahannock County Elementary School

Student Breakfast - \$1.35  
 Student Reduced Breakfast – FREE  
 Adult Breakfast - \$3.60

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**5**

Sausage Biscuit  
 Egg & Cheese Burrito  
 Cereal & Grahams  
 Fresh Fruit, Juice & Milk

**6**

French Toast Sticks  
 Muffin & Yogurt  
 Cereal & Grahams  
 Fresh Fruit, Juice & Milk

**7**

Sausage Gravy & Biscuit  
 Cinnamon Toast Crunch Bar  
 Fruit & Yogurt Parfait  
 Fresh Fruit, Juice & Milk

**8**

Pancakes  
 Muffin & Yogurt  
 Cereal & Grahams  
 Fresh Fruit, Juice & Milk

**9**

Breakfast Pizza  
 Glazed Doughnut  
 Cereal & Grahams  
 Fresh Fruit, Juice & Milk

**12**

Sausage Biscuit  
 Bagel & Cream Cheese  
 Cereal & Grahams  
 Fresh Fruit, Juice & Milk

**13**

Waffles  
 Muffin & Yogurt  
 Cereal & Grahams  
 Fresh Fruit, Juice & Milk

**14**

Sausage Gravy & Biscuit  
 Cinnamon Toast Crunch Bar  
 Fruit & Yogurt Parfait  
 Fresh Fruit, Juice & Milk

**15**

Pancakes  
 Muffin & Yogurt  
 Cereal & Grahams  
 Fresh Fruit, Juice & Milk  
 \*New \*Green Grinch Smoothie

**16**

(Early Release 12:00)  
 Breakfast Pizza  
 Glazed Doughnut  
 Cereal & Grahams  
 Fresh Fruit, Juice & Milk

**19**

Holiday

**20**

Holiday

**21**

Holiday

**22**

Holiday

**23**

Holiday

**26**

Holiday

**27**

Holiday

**28**

Holiday

**29**

Holiday

**30**

Holiday

This menu is subject to change due to availability.

For more information on which menu items may contain allergens, please contact the cafeteria manager.

Apply for Free or Reduced meals at: [www.lunchapplication.com](http://www.lunchapplication.com).

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

“This institution is an equal opportunity provider.”

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**5**  
 Chicken Nuggets & Roll  
 PB&J Sandwich  
 Salad Bar, Baked Potato  
 Fresh Carrots & Oven Fries  
 Fresh Fruit & Milk

**\*Around the World Day\*** **6**  
 Taco & Rice or  
 Bean & Cheese Burrito & Rice  
 PB&J Sandwich  
 Salad Bar, Baked Potato  
 Mexicali Corn & Refried Beans  
 Fresh Orange & Milk

**7**  
 Chicken Noodle Soup &  
 Grilled Cheese Sandwich  
 PB&J Sandwich  
 Salad Bar, Baked Potato  
 Roasted Broccoli &  
 Potato Wedges  
 Fresh Fruit & Milk

**8**  
 Pancakes & Sausage  
 PB&J Sandwich  
 Salad Bar, Baked Potato  
 Fresh Carrots & Hash Brown  
 Baked Apples & Milk

**9**  
 Personal Pizza  
 PB&J Sandwich  
 Salad Bar, Baked Potato  
 Cucumber Slices & Tater Tots  
 Fresh Fruit & Milk

**12**  
 Chicken Tenders & Roll  
 PB&J Sandwich  
 Salad Bar, Baked Potato  
 Fresh Carrots & Oven Fries  
 Fresh Fruit & Milk

**13**  
 Chicken Patty  
 PB&J Sandwich  
 Salad Bar, Potato Bar  
 Baked Beans &  
 Mashed Potatoes  
 Fresh Fruit & Milk

**14**  
 Tomato Soup &  
 Grilled Cheese Sandwich  
 PB&J Sandwich  
 Salad Bar, Baked Potato  
 Green Beans & Potato Wedges  
 Fresh Fruit & Milk

**15**  
 Pepperoni French Bread Pizza  
 PB&J Sandwich  
 Salad Bar, Baked Potato  
**\*Fresh Spinach Salad\*** &  
 Tater Tots  
 Fresh Fruit & Milk

(Early Release 12:00) **16**  
 Bagged Lunch  
 Ham & Cheese Sandwich  
 PB&J Sandwich  
 Fresh Carrots & Chips  
 Cookies, Fresh Fruit & Milk  
 No Salad Bar or Baked Potato

**19**  
 Holiday

**20**  
 Holiday

**21**  
 Holiday

**22**  
 Holiday

**23**  
 Holiday

**26**  
 Holiday

**27**  
 Holiday

**28**  
 Holiday

**29**  
 Holiday

**30**  
 Holiday

**\*Harvest of the Month is Spinach!**  
**\*Fresh Local Apples from Thornton River Orchard & Market offered daily!**  
**\*Around the World Day is Mexican Culture!**