



FEBRUARY 2026

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

Daily Breakfast Offerings -
Cereal, Grahams, Fresh Fruit, Juice, Milk
**Must select at least ½ cup Fruit or
Juice w/ Breakfast*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 2 French Toast Sticks Muffin & Yogurt Fruit & Yogurt Parfait | 3 Panther Sandwich Muffin & Yogurt Fruit & Yogurt Parfait | 4 Sausage Gravy & Biscuit Muffin & Yogurt Fruit & Yogurt Parfait | 5 Chicken Biscuit Muffin & Yogurt Fruit & Yogurt Parfait | 6 Breakfast Pizza Muffin & Yogurt Fruit & Yogurt Parfait |
| 9 Sausage Biscuit Muffin & Yogurt Fruit & Yogurt Parfait | 10 Panther Sandwich Muffin & Yogurt Fruit & Yogurt Parfait | 11 Sausage Gravy & Biscuit Muffin & Yogurt Fruit & Yogurt Parfait | 12 <i>Parent Teacher Conferences No School for Students</i> | 13 <i>Professional Development Day No School for Students</i> |
| 16 <i>Holiday No School</i> | 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 |



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 download the app.

"This institution is an equal opportunity provider."





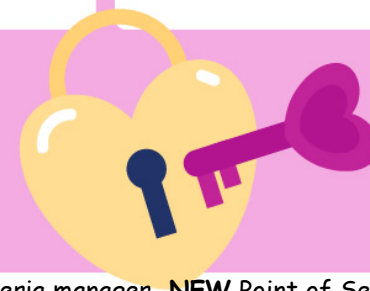
FEBRUARY 2026

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

Daily Lunch Offerings-
PB&J, Salad, Baked Potato, Fresh Fruit, Juice, Milk
**Must select at least $\frac{1}{2}$ cup Vegetable,
Fruit or Juice w/ Lunch*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Chicken Tenders w/ Dinner Roll Cucumbers Potato Wedges 2 | Beef Nachos w/ Fresh Salsa Fiesta Corn & Black Beans 3 | Cheeseburger Bell Peppers Baked Beans 4 | Tomato Soup & Grilled Cheese Sandwich Broccoli Celery Sticks 5 | <i>Fresh Friday</i> Fresh Baked Pizza Carrots Oven Fries 6 |
| Chicken Sandwich Cucumbers Potato Wedges 9 | Sausage Patty & French Toast Sticks Carrots Hash Brown 10 | Chicken Noodle Soup & Grilled Cheese Sandwich *NEW Bento Box Broccoli Celery Sticks 11 | <i>Parent Teacher Conferences No School for Students</i> 12 | <i>Parent Teacher Conferences No School for Students</i> 13 |
| <i>Holiday No School</i> 16 | Chicken Nuggets w/ Dinner Roll Cucumbers Potato Wedges 17 | Beef Tacos *NEW Bento Box Fresh Salsa Fiesta Corn & Black Beans 18 | Chicken Alfredo w/ Garlic Bread Broccoli Celery Sticks 19 | <i>Fresh Friday</i> Fresh Baked Pizza Carrots Oven Fries 20 |
| Chicken Tenders w/ Dinner Roll Cucumbers Potato Wedges 23 | Beef Nachos *NEW Bento Box Fresh Salsa Fiesta Corn & Black Beans 24 | Cheeseburger Bell Peppers *Roasted Butternut Squash 25 | Tomato Soup & Grilled Cheese Sandwich Broccoli Celery Sticks 26 | <i>Fresh Friday</i> Fresh Baked Pizza Carrots Oven Fries 27 |

*New – Bento Box
*Harvest of the Month – Butternut Squash



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