



BREAKFAST

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 $\frac{1}{2}$ 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

Parent Teacher
Conferences
No School for Students

13

Professional
Development Day
No School for Students

16

Holiday
No School

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	Parent Teacher Conferences No School for Students 12	Parent Teacher Conferences No School for Students 13
Holiday No School 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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