



AUGUST 2026

Rappahannock County Elementary School

Student Breakfast: \$2.30
Reduced Student Breakfast: FREE
Adult Breakfast: \$2.85

*Must select at least ½ cup Fruit w/ Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

Daily Offerings:

Fresh Fruit
Fruit Juice
Milk Choice

3

4

5

6

7

10

11

12

13

14

17

18

19

20

21

24

25

26

27

28

31

French Toast Sticks &
Sausage Patty
Yogurt & Grahams
Cereal & Grahams

Bacon & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams

Sausage Gravy & Biscuit
Strawberry Parfait
Cereal & Grahams

Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

Breakfast Pizza
Glazed Donut (WG)
Cereal & Grahams

French Toast Sticks &
Sausage Patty
Yogurt & Grahams
Cereal & Grahams

Bacon & Egg Biscuit
Muffin & Yogurt
Cereal & Grahams

Sausage Gravy & Biscuit
Strawberry Parfait
Cereal & Grahams

Ham, Egg, & Cheese
Croissant
Muffin & Yogurt
Cereal & Grahams

Breakfast Pizza
Glazed Donut (WG)
Cereal & Grahams

French Toast Sticks &
Sausage Patty
Yogurt & Grahams
Cereal & Grahams

WG = whole grain

Menus are subject to change.



To create a LINQ Connect account, add funds, or make payments to a student meal account, visit <https://lingconnect.com/main> or download the LINQ Connect app. Apply for free or reduced-price meals online through LINQ Connect at <https://lingconnect.com/public/meal-application/new>. Paper applications are also available on the School Nutrition website at <https://www.rappahannockschools.us/nutrition> or at the School Board Office. For more information about free and reduced-price meals and the new Panther Meal Bridge Program, visit <https://www.rappahannockschools.us/meals2026>. "This institution is an equal opportunity provider."



AUGUST 2026

Rappahannock County Elementary Schools

Student Lunch: \$3.40
Reduced Student Lunch: FREE
Adult Lunch: \$5.00

*Must select at least ½ cup Vegetable or Fruit w/ Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

Daily Offerings: 3
Baked Potato
PB&J
Milk Choice
**Pre-Made Salad

4

5

6

7

10

11

12

Cheeseburger
French Fries
*Garden Salad

Fruit & Veggie Bar

13

Chicken Alfredo &
Breadstick
Pizza Bento Box
*Chef Salad

Fruit & Veggie Bar

14

Chicken Nuggets & Roll
Tater Tots
Ham & Cheese Hoagie
*Garden Salad

Fruit & Veggie Bar

17

Hotdog
French Fries
Turkey & Cheese Hoagie
*Garden Salad

Fruit & Veggie Bar

18

Walking Tacos
Strawberry Parfait
*Crispy Chicken Tender
Salad

Fruit & Veggie Bar

19

Homemade Cheese or
Pepperoni Pizza
Blueberry Parfait
*Taco Fiesta Salad

Fruit & Veggie Bar

20

Mac n Cheese & Roll
Pizza Bento Box
*Chef Salad

Fruit & Veggie Bar

21

Chicken Nuggets
& Roll
Tater Tots
Ham & Cheese Hoagie
*Garden Salad

Fruit & Veggie Bar

24

Crispy Chicken Sandwich
Buttered Corn
Turkey & Cheese Hoagie
*Garden Salad

Fruit & Veggie Bar

25

Chicken & Waffles
Strawberry Parfait
*Crispy Chicken Tender
Salad

Fruit & Veggie Bar

26

Homemade Cheese or
Pepperoni Pizza
Blueberry Parfait
*Taco Fiesta Salad

Fruit & Veggie Bar

27

Breakfast for Lunch
French Toast Sticks &
Sausage Patty
Pizza Bento Box
*Chef Salad

Fruit & Veggie Bar

28

Chicken Tenders
& Roll
French Fries
Ham & Cheese Hoagie
*Garden Salad

Fruit & Veggie Bar

31

Cheeseburger
French Fries
Turkey & Cheese Hoagie
*Garden Salad

Fruit & Veggie Bar



Menus are subject to change.



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