

SEPTEMBER 2025

Rappahannock County Elementary School

Student Breakfast: FREE
Adult Breakfast: \$2.84

Monday

1
Holiday
No School

8
Sausage Egg Biscuit
French Toast Sticks
Cereal & Grahams

15
Sausage Egg Biscuit
French Toast Sticks
Cereal & Grahams

22
Sausage Egg Biscuit
French Toast Sticks
Cereal & Grahams

29
Sausage Egg Biscuit
French Toast Sticks
Cereal & Grahams

Tuesday

2
Panther Sandwich
Muffin & Yogurt
Cereal & Grahams

9
Panther Sandwich
Fruit & Yogurt Parfait
Cereal & Grahams

16
Panther Sandwich
Fruit & Yogurt Parfait
Cereal & Grahams

23
Panther Sandwich
Fruit & Yogurt Parfait
Cereal & Grahams

30
Panther Sandwich
Fruit & Yogurt Parfait
Cereal & Grahams

Wednesday

3
Sausage Gravy & Biscuit
Fruit & Yogurt Parfait
Cereal & Grahams

10
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams

17
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams

24
Sausage Gravy & Biscuit
Muffin & Yogurt
Cereal & Grahams

Thursday

4
Ham, Egg, & Cheese
Croissant
Pancakes
Cereal & Grahams

11
Ham, Egg, & Cheese
Croissant
Pancakes
Cereal & Grahams

18
Ham, Egg, & Cheese
Croissant
Pancakes
Cereal & Grahams

25
Ham, Egg, & Cheese
Croissant
Pancakes
Cereal & Grahams

Friday

5
Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams

12
Breakfast Pizza
Bagel & Cream Cheese
Cereal & Grahams

19
Breakfast Pizza
Muffin & Yogurt
Cereal & Grahams

26
PD Day
No School for Students

Daily Offerings:
Fresh Fruit
Fruit Juice
Milk Choice



Menus are subject to change. For information on which menu items may contain allergens, please contact the cafeteria manager.
"This institution is an equal opportunity provider."

SEPTEMBER 2025

Rappahannock County Elementary School

Student Lunch – FREE

Adult Lunch – \$4.82

Monday

1

Holiday
No School

Tuesday

2

Panther Burger with
Lettuce & Tomato
Onion Rings
Lima Beans & Corn

Wednesday

3

Fresh Baked Pizza
Smiley Fries
Fresh Carrots

Thursday

4

Mini Cheese Ravioli &
Texas Toast
Green Beans

Friday

5

Chicken Nuggets & Roll
Bell Pepper Veggie Cup
French Fries

8

BBQ Chicken &
Homemade Corn Bread
Mashed Potatoes
Green Beans

9

Taco w/ **Toppings**
Refried Beans
Fiesta Corn
Fresh Salsa

10

Fresh Baked Pizza
Potato Wedges
Fresh Spinach Salad

11

Spaghetti with
Scratch Made Marinara Sauce
Garlic Knot
Fresh Garden Salad

12

Chicken Tenders & Roll
Sweet Peas
Sweet Potato Fries

15

Chicken Fajitas with
Sweet Bell Peppers
Southwest Rice
Tex-Mex Beans

16

Beefy Mac n Cheese
Dinner Roll
Tomato & Cucumber Salad

17

Fresh Baked Pizza
French Fries
Fresh Veggie Cup

18

Chicken Alfredo
Breadstick
Fresh Roasted Broccoli

19

Corn Dog Nuggets & Roll
French Fries
Fresh Carrots

22

Chicken Sandwich
Mashed Potatoes
Lima Beans & Corn

23

Panther Burger with **Lettuce
and Tomato**
Onion Rings
Fresh Carrots

24

Fresh Baked Pizza
French Fries
Tomato & Cucumber Salad

25

Spaghetti with
**Local Beef & Scratch Made
Marinara Sauce**
Garlic Knot
Fresh Broccoli

26

PD Day
No School for Students

29

Tangerine Chicken &
Vegetable Fried Rice
Fresh Broccoli

30

Burrito w/ **Toppings**
Pinto Beans
Fiesta Corn
Fresh Salsa

Daily Offerings:
Salad Bar
Baked Potato
PBJ
Fresh Fruit
Milk Choice

Harvest of the Month
SWEET BELL PEPPERS

Hispanic Heritage Month
Burrito & Fresh Salsa
Tacos & Fresh Salsa
Chicken Fajitas

Menus are subject to change. For information on which menu items may contain allergens, please contact the cafeteria manager.

"This institution is an equal opportunity provider."