



# AUGUST 2025

## Rappahannock County High School

Student Breakfast – FREE  
Adult Breakfast – \$2.84

Monday

Tuesday

Wednesday

Thursday

Friday



4

5

6

7

1

8

11

Panther Sandwich  
Waffles w/ Toppings  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

12

Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

13

Chicken Biscuit  
Pancakes  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

14

Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

15

18

Sausage Biscuit  
French Toast Sticks  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

19

Panther Sandwich  
Waffles w/ Toppings  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

20

Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

21

Chicken Biscuit  
Pancakes  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

22

Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

25

Sausage Biscuit  
French Toast Sticks  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

26

Panther Sandwich  
Waffles w/ Toppings  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

27

Sausage Gravy & Biscuit  
Bagel & Cream Cheese  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

28

Chicken Biscuit  
Pancakes  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**

29

Breakfast Pizza  
Egg & Cheese Burrito  
**Fruit & Yogurt Parfait**  
Muffin & Yogurt  
Cereal Bar & Yogurt  
**Fresh Fruit, Juice & Milk**



Apple QR Code

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 scan the QR code to download the app.

"This institution is an equal opportunity provider."



Google QR Code



# AUGUST 2025

## Rappahannock County High School

Student Lunch – FREE  
Adult Lunch – \$4.82

Monday

Tuesday

Wednesday

Thursday

Friday



4

5

6

7

1

8

Harvest of the  
Month is  
Tomatoes!

11

Chicken Sandwich  
PB&J Sandwich  
Salad Bar, Baked Potato  
Green Beans & **Peppers**  
**Apple** & Peaches  
Juice & Milk

12

Sausage Patty &  
French Toast Sticks, PBJ  
Salad Bar, Baked Potato  
Hash Brown & **Carrots**  
**Banana** & Mandarin  
Oranges Juice & Milk

13

Cheeseburger  
PB&J Sandwich  
Salad Bar, Baked Potato  
Corn & **Broccoli**  
**Watermelon** & Mixed Fruit  
Juice & Milk

14

**Fresh Baked Pizza**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Oven Fries & **Carrots**  
**Fruit Salad** & Diced  
Peaches, Juice & Milk

15

Chicken Nuggets & Roll  
PB&J Sandwich  
Salad Bar, Baked Potato  
Oven Fries & **Broccoli**  
**Orange** & Diced Pears  
Juice & Milk

18

**Beef Tacos**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Beans & **Peppers**  
**Apple** & Peaches  
Juice & Milk

19

**Chicken Alfredo** &  
Garlic Knot, PB&J Sandwich  
Salad Bar, Baked Potato  
Green Beans & **Carrots**  
**Pear** & Mandarin Oranges,  
Juice & Milk

20

**Cheese Quesadilla**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Corn & **Tomato Cucumber**  
**Salad, Watermelon** &  
Mixed Fruit, Juice & Milk

21

**Fresh Baked Pizza**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Oven Fries & **Carrots**  
**Fruit Salad** & Diced  
Peaches, Juice & Milk

22

Chicken Tenders & Roll  
PB&J Sandwich  
Salad Bar, Baked Potato  
Oven Fries & **Broccoli**  
**Orange** & Diced Pears  
Juice & Milk

25

**Beef Nachos**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Beans & **Fresh Peppers**  
**Apple** & Peaches  
Juice & Milk

26

**Chicken Bacon Ranch**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Green Beans & **Carrots**  
**Pear** & Mandarin Oranges  
Juice & Milk

27

**Tex Mex Chicken Bowl**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Corn & **Broccoli**  
**Watermelon** & Mixed Fruit  
Juice & Milk

28

**Fresh Baked Pizza**  
PB&J Sandwich  
Salad Bar, Baked Potato  
Oven Fries & **Carrots**  
**Fruit Salad** & Diced  
Peaches, Juice & Milk

29



Apple QR Code

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 scan the QR code to download the app.

"This institution is an equal opportunity provider."



Google QR Code