

OCTOBER 2025

Rappahannock County High School

Student Breakfast: **FREE**
Adult Breakfast: **\$2.84**

Monday

Daily Offerings

Fresh Fruit
Juice
Milk

Tuesday

Harvest of the Month **Apples**

Wednesday

Thursday

Friday

6
Sausage Biscuit
French Toast Sticks
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

7
Panther Sandwich
Waffles
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

8
Sausage Gravy & Biscuit
Bagel & Cream Cheese
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

9
Chicken Biscuit
Pancakes
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

10
Breakfast Pizza
Egg & Cheese Burrito
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

13
Sausage Biscuit
French Toast Sticks
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

14
Panther Sandwich
Waffles
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

15
Sausage Gravy & Biscuit
Bagel & Cream Cheese
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

16
Chicken Biscuit
Pancakes & **Egg Bites**
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

17
Breakfast Pizza
Egg & Cheese Burrito
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

20
Sausage Biscuit
French Toast Sticks
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

21
Panther Sandwich
Waffles
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

22
Sausage Gravy & Biscuit
Bagel & Cream Cheese
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

23
Chicken Biscuit
Pancakes
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

24
Breakfast Pizza
Egg & Cheese Burrito
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

27
Sausage Biscuit
French Toast Sticks
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

28
Panther Sandwich
Waffles
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

29
Sausage Gravy & Biscuit
Bagel & Cream Cheese
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

30
Chicken Biscuit
Pancakes
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

31
Breakfast Pizza
Egg & Cheese Burrito
Fruit & Yogurt Parfait
Muffin & Yogurt
Cereal Bar & Yogurt

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."



OCTOBER 2025

Rappahannock County High School

Student Lunch: FREE
Adult Lunch: \$4.82

Monday

Daily Offerings

Salad Bar
Baked Potato
PB&J Sandwich
Fresh Fruit
Juice & Milk

Tuesday

Harvest of the Month Apples

Wednesday

Thursday

Friday

Chicken Tenders w/
Dinner Roll
Potato Wedges
Tomato Cucumber Salad
Baked Apples

Beef Tacos w/
Vegetable Fried Rice
Black Beans
Seasoned Corn

Chicken Alfredo w/
Garlic Knot
Fresh Carrots
Roasted Broccoli

P/T Conferences
No School
for Students

P/T Conferences
No School
for Students

Holiday
No School

Beef Nachos w/
Fresh Salsa
Refried Beans
Seasoned Corn

Chicken Bacon Ranch Wrap
Veggie Dippers
Sweet Potato Fries
Fresh Baked Apple Chips

Tex Mex Chicken Bowl
Vegetable Fried Rice
Roasted Broccoli
Tomato Cucumber Salad

Fresh Friday
Fresh Baked Cheese Pizza
Carrots
Fresh Romaine Salad

Chicken Sandwich
Oven Fries
Tomato Cucumber Salad

Sausage Patty &
French Toast Sticks
Veggie Cup
Hash Brown
Baked Apples

Cheeseburger w/
Lettuce, Tomato & Pickle
Green Beans
Sweet Potato Fries

Buffalo Chicken Stuffed
Peppers w/ Garlic Bread
Seasoned Corn
Fresh Romaine Salad

Fresh Friday
Fresh Baked Cheese Pizza
Carrots
Oven Fries

Chicken Nuggets w/
Dinner Roll
Potato Wedges
Tomato Cucumber Salad

Beef Tacos w/ Rice
Seasoned Corn
Seasoned Black Beans
Baked Apple Crisp

Chicken Alfredo w/
Garlic Knot
Fresh Carrots
Roasted Broccoli

BBQ Chicken w/
Homemade Corn Bread
Green Beans
Sweet Potatoes

Fresh Friday
Fresh Baked Cheese Pizza
Oven Fries
Fresh Romaine Salad

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Farm to School Week Oct 6th-10th & VA School Lunch Week Oct 13th-17th

