

BREAKFAST

DECEMBER 2024

Rappahannock County High School

Student Breakfast **FREE**
 Adult Breakfast **\$2.73**

Monday

2
 Sausage Biscuit
 French Toast Sticks
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

9
 Sausage Biscuit
 French Toast Sticks
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

16
 Sausage Biscuit
 French Toast Sticks
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

23
 Holiday

30
 Holiday

Tuesday

3
 Panther Sandwich
 Waffles
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

10
 Panther Sandwich
 Waffles
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

17
 Panther Sandwich
 Waffles
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

24
 Holiday

31
 Holiday

Wednesday

4
 Sausage Gravy & Biscuits
 Bagel & Cream Cheese
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

11
 Sausage Gravy & Biscuits
 Bagel & Cream Cheese
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

18
 Sausage Gravy & Biscuits
 Bagel & Cream Cheese
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

25
 Holiday

Thursday

5
 Chicken Biscuit
 Pancakes
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

12
 Chicken Biscuit
 Pancakes
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

19
 Chicken Biscuit
 Pancakes
 Fruit & Yogurt Parfait
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

26
 Holiday

Friday

6
 Breakfast Pizza
 Egg & Cheese Burrito
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

13
 Breakfast Pizza
 Egg & Cheese Burrito
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

20
 Breakfast Pizza
 Egg & Cheese Burrito
 Fruit & Yogurt Smoothie
 Assorted Muffins, Scones &
 Cereal Bars w/ Yogurt
 Fruit, Juice & Milk

27
 Holiday



This menu is subject to availability. For more information on which menu items may contain allergens, please contact the cafeteria manager.
 Register and create an account for your child at www.k12paymentcenter.com to add money and view purchases.
 "This is an equal opportunity provider."

DECEMBER 2024

Rappahannock County High School

Student Lunch **FREE**
Adult Lunch \$4.63

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Corn Dogs 2 PB&J Sandwich Salad Bar, Baked Potato Baked Beans & Mashed Potatoes Fruit, Juice & Milk	Tacos 3 PB&J Sandwich Salad Bar, Baked Potato Black Beans & *Shredded Carrot Salad Fruit, Juice & Milk	Sweet & Sour 4 Chcken w/ Rice PB&J Sandwich Salad Bar, Baked Potato Corn & Broccoli Fruit, Juice & Milk	Panther Bacon Cheeseburger 5 PB&J Sandwich Salad Bar, Baked Potato Green Beans & Onion Rings Fruit, Juice & Milk	Chicken Tenders & Roll 6 PB&J Sandwich Salad Bar, Baked Potato Fries & Tomato Cucumber Salad Fruit, Juice & Milk
BBQ Chicken w. Cornbread 9 PB&J Sandwich Salad Bar, Baked Potato Green Beans & Sweet Potatoes Fruit, Juice & Milk	Tex Mex Bowl w/ Rice 10 PB&J Sandwich Salad Bar, Baked Potato Fiesta Corn & Refried Beans Fruit, Juice & Milk	Pasta Primavera w/ 11 Chicken & Vegetables PB&J Sandwich Salad Bar, Baked Potato Roasted Broccoli Fruit, Juice & Milk	Sausage Gravy & Biscuits 12 Sausage Patty PB&J Sandwich Salad Bar, Baked Potato Carrots & Hash Brown Fruit, Juice & Milk	Fresh Baked Pizza 13 PB&J Sandwich Salad Bar, Baked Potato Fries & Tomato Cucumber Salad Fruit, Juice & Milk
Crispy Chicken Sandwich 16 PB&J Sandwich Salad Bar, Baked Potato Greens Beans & Sweet Potatoes Fruit, Juice & Milk	Chicken Noodle Soup 17 Grilled Cheese Sandwich PB&J Sandwich Salad Bar, Baked Potato Corn & *Spinach Salad Fruit, Juice & Milk	Boneless Wings Wednesday 18 PB&J Sandwich Salad Bar, Baked Potato Baked Beans & Potato Wedges Fruit, Juice & Milk	Pizza 19 PB&J Sandwich Salad Bar, Baked Potato Fries & Carrots Fruit, Juice & Milk	Early Release 20 Bagged Lunch - Turkey & Cheese Sandwich Chips, Carrots & Cucumbers Fruit, Juice & Milk
23 Holiday	24 Holiday	25 Holiday	26 Holiday	27 Holiday
30 Holiday	31 Holiday			

Harvest of the Month is Spinach! Featured Menu Item is Fresh Spinach Salad!
 New, Fresh Menu Item - Shredded Carrot Salad!
 Variety of Local Apples from FT Valley Farm!