



BREAKFAST

SEPTEMBER 2022

Rappahannock County Elementary School

Student Breakfast - \$1.35
Reduced Breakfast - FREE
Adult Breakfast - \$2.30

Monday

Tuesday

Wednesday

Thursday

Friday



Holiday!

Waffles
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit, Juice & Milk

Sausage Gravy & Biscuit
Cinnamon Toast Crunch Bar
Fresh Fruit & Yogurt Parfait
Fresh Fruit, Juice & Milk

Pancakes
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit, Juice & Milk

Breakfast Pizza
Glazed Doughnut
Cereal & Grahams
Fresh Fruit, Juice & Milk

Sausage Biscuit
Bagel & Cream Cheese
Cereal & Grahams
Fresh Fruit, Juice & Milk

Waffles
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit, Juice & Milk

Sausage Gravy & Biscuit
Cinnamon Toast Crunch Bar
Fresh Fruit & Yogurt Parfait
Fresh Fruit, Juice & Milk

Pancakes
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit, Juice & Milk

Breakfast Pizza
Glazed Doughnut
Cereal & Grahams
Fresh Fruit, Juice & Milk

Egg & Cheese Burrito
Bagel & Cream Cheese
Cereal & Grahams
Fresh Fruit, Juice & Milk

Waffles
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit, Juice & Milk

Sausage Gravy & Biscuit
Cinnamon Toast Crunch Bar
Fresh Fruit & Yogurt Parfait
Fresh Fruit, Juice & Milk

Pancakes
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit, Juice & Milk

Breakfast Pizza
Glazed Doughnut
Cereal & Grahams
Fresh Fruit, Juice & Milk

Sausage Biscuit
Bagel & Cream Cheese
Cereal & Grahams
Fresh Fruit, Juice & Milk

Waffles
Muffin & Yogurt
Cereal & Grahams
Fresh Fruit, Juice & Milk

Early Release, 12 pm
Sausage Gravy & Biscuit
Cinnamon Toast Crunch Bar
Fresh Fruit & Yogurt Parfait
Fresh Fruit, Juice & Milk

**No School!
PT Conferences**

Breakfast Pizza
Glazed Doughnut
Cereal & Grahams
Fresh Fruit, Juice & Milk

Fun Fact: The most popular breakfast item for students is.....



K12 Payment Center
A LINQ SOLUTION

Free & reduced priced meals made easy!
LunchApplication
A LINQ SOLUTION

#1 Muffin & Yogurt
#2 Pancakes & Glazed Donut

SEPTEMBER 2022

Rappahannock County Elementary School

Student Lunch - \$2.25
Reduced Lunch - FREE
Adult Lunch - \$3.60

Monday
Tuesday
Wednesday
Thursday
Friday
Holiday!

Harvest of the Month: *Peppers*



Chicken Nuggets & Roll
PB&J Sandwich
Chef Salad, Baked Potato
Carrots & Oven Fries
Fresh Fruit & Milk

Featured Menu Item
Chicken & Waffles

PB&J Sandwich
Chef Salad, Baked Potato
Carrots & Oven Fries
Fresh Fruit & Milk

Chicken Nuggets & Roll
PB&J Sandwich
Chef Salad, Baked Potato
Carrots & Oven Fries
Fresh Fruit & Milk

Tacos with Lettuce, Cheese &
Tomato Cup
PB&J Sandwich
Chef Salad, Baked Potato
Corn & Black Beans
Fresh Fruit & Milk

Pancakes & Sausage
PB&J Sandwich
Chef Salad, Baked Potato
Fresh Carrots & Hash Brown
Baked Apples & Milk

Tacos with Lettuce, Cheese &
Tomato Cup
PB&J Sandwich
Chef Salad, Baked Potato
Corn & Black Beans
Fresh Fruit & Milk

Corn Dog Nuggets
PB&J Sandwich
Chef Salad, Baked Potato
Baked Beans & Mashed Potatoes
Fresh Fruit & Milk

Corn Dog
PB&J Sandwich
Chef Salad, Baked Potato
Baked Beans & Mashed Potatoes
Fresh Fruit & Milk

Cheeseburger
PB&J Sandwich
Chef Salad, Baked Potato
Baked Beans & Mashed Potatoes
Fresh Fruit & Milk

Chicken Quesadilla
PB&J Sandwich
Chef Salad, Baked Potato
Baked Beans & Mashed Potatoes
Fresh Fruit & Milk

Early Release - 12 pm
Bagged Lunch -
Ham & Cheese Sandwich
PB&J Sandwich
Fresh Carrots & Chips
Fresh Fruit, Cookies & Milk

Chicken Patty
PB&J Sandwich
Chef Salad, Baked Potato
Fresh Carrots & Potato Wedges
Fresh Fruit & Milk

Macaroni & Cheese
PB&J Sandwich
Chef Salad, Baked Potato
Green Beans & Potato Wedges
Fresh Fruit & Milk

Turkey & Cheese Sub
PB&J Sandwich
Chef Salad, Baked Potato
Fresh Green Pepper Strips &
Potato Wedges
Fresh Fruit & Milk

Spaghetti & Breadstick
PB&J Sandwich
Chef Salad, Baked Potato
Fresh Carrots & Green Beans
Fresh Fruit & Milk

No School!
PT Conferences

Cheese Pizza
PB&J Sandwich
Chef Salad, Baked Potato
Fresh Broccoli & Tater Tots
Fresh Fruit & Milk

Personal Pizza
PB&J Sandwich
Chef Salad, Baked Potato
Fresh Cucumber Slices &
Tater Tots
Fresh Fruit & Milk

French Bread Pizza
PB&J Sandwich
Chef Salad, Baked Potato
Fresh Broccoli & Tater Tots
Fresh Fruit & Milk

New Menu Item:
Stuffed Crust Cheese Pizza
PB&J Sandwich
Chef Salad, Baked Potato
Fresh Broccoli & Tater Tots
Fresh Fruit & Milk
Hot Dog
PB&J Sandwich
Chef Salad, Baked Potato
Fresh Cucumber Slices &
Tater Tots
Fresh Fruit & Milk

Fun Fact: The most popular lunch menu item for students is.....

This menu is subject to change due to availability.
For more information on which menu items may contain allergens, please contact the cafeteria manager.
Apply for Free or Reduced meals at: www.lunchapplication.com.
Register and create an account for your child at www.K12PaymentCenter.com to add money and view purchases.
"This institution is an equal opportunity provider."

#1 Pancakes & Sausage
#2 Personal Pizza