



# BREAKFAST

# OCTOBER 2025

## Rappahannock County Elementary School

Student Breakfast: FREE  
Adult Breakfast: \$2.84

Monday

Tuesday

Wednesday

Thursday

Friday

**Daily Offerings:**  
Fresh Fruit  
Fruit Juice  
Milk Choice



1

Sausage Gravy & Biscuit  
Fruit & Yogurt Parfait  
Cereal & Grahams

2

Ham, Egg, & Cheese  
Croissant  
Pancakes  
Cereal & Grahams

3

Breakfast Pizza  
Muffin & Yogurt  
Cereal & Grahams

6

Sausage Egg Biscuit  
French Toast Sticks  
Cereal & Grahams

7

Panther Sandwich  
Muffin & Yogurt  
Cereal & Grahams

8

Sausage Gravy & Biscuit  
Fruit & Yogurt Parfait  
Cereal & Grahams

9

**NO SCHOOL**

10

**NO SCHOOL**

13

**NO SCHOOL**

14

Panther Sandwich  
Muffin & Yogurt  
Cereal & Grahams

15

Sausage Gravy & Biscuit  
Fruit & Yogurt Parfait  
Cereal & Grahams

16

Ham, Egg, & Cheese  
Croissant  
Pancakes w/ **Fresh Egg Bite**  
Cereal & Grahams

17

Breakfast Pizza  
Muffin & Yogurt  
Cereal & Grahams

20

Sausage Egg Biscuit  
French Toast Sticks  
Cereal & Grahams

21

Panther Sandwich  
Muffin & Yogurt  
Cereal & Grahams

22

Sausage Gravy & Biscuit  
Fruit & Yogurt Parfait  
Cereal & Grahams

23

Ham, Egg, & Cheese  
Croissant  
Pancakes  
Cereal & Grahams

24

Breakfast Pizza  
Muffin & Yogurt  
Cereal & Grahams

27

Sausage Egg Biscuit  
French Toast Sticks  
Cereal & Grahams

28

Panther Sandwich  
Muffin & Yogurt  
Cereal & Grahams

29

Sausage Gravy & Biscuit  
Fruit & Yogurt Parfait  
Cereal & Grahams

30

Ham, Egg, & Cheese  
Croissant  
Pancakes  
Cereal & Grahams

31

Breakfast Pizza  
Muffin & Yogurt  
Cereal & Grahams

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."





# OCTOBER 2025

## Rappahannock County Elementary School

Student Lunch: FREE  
Adult Lunch: \$4.82

Monday

Tuesday

Wednesday

Thursday

Friday

### Daily Offerings:

Salad Bar  
Baked Potato  
PBJ  
Fresh Fruit  
Milk Choice

Harvest of the Month  
**APPLES**



1

Fresh Baked Pizza  
Onion Rings  
Tomato & Cucumber Salad

2

Spaghetti with  
Garlic Knot  
Fresh Romaine Salad

3

Chicken Nuggets with Roll  
French Fries  
Carrots

6

Cheesy Chicken Quesadilla  
Rice  
Tex-Mex Beans

7

Cheese Ravioli  
Breadstick  
Broccoli

8

Fresh Baked Pizza  
French Fries  
Tomato & Cucumber Salad

9

NO SCHOOL

10

NO SCHOOL

13

NO SCHOOL

14

Tacos w/ Toppings  
Pinto Beans  
Salsa  
Carrots

15

Fresh Baked Pizza  
French Fries  
Spinach

16

BBQ Sandwich  
Baked Beans  
**Apple & Cabbage Coleslaw**

17

Asian Chicken Nuggets  
Vegetable Fried Rice  
**Fresh Baked Apple Chips**

20

BBQ Chicken  
Homemade Corn Bread  
Rosemary Potatoes  
Green Beans

21

Panther Burger  
Lettuce, Tomato, & Pickles  
Onion Rings  
Veggie Cup

22

Fresh Baked Pizza  
Potato Rounds  
Carrots

23

Spaghetti with  
Garlic Knot  
Fresh Romaine Salad

24

Chicken Tenders with Roll  
French Fries  
Tomato & Cucumber Salad

27

Chicken Sandwich  
Onion Rings  
Lima Beans

28

Meatloaf  
Mashed Potatoes  
Green Beans

29

Fresh Baked Pizza  
French Fries  
Carrots

30

Chicken Alfredo with a Twist  
Breadstick  
Broccoli

31

Corn Dogs  
Rosemary Potatoes  
Tomato & Cucumber Salad  
**Baked Apples**

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**Local Apples Available**

**Farm to School Week Oct 6<sup>th</sup>-10<sup>th</sup>**

**National School Lunch Week Oct 13<sup>th</sup>-17<sup>th</sup>**

