

**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
Panther Sandwich  
**Fruit & Yogurt Parfait**  
Cereal & Grahams  
Fruit, Juice & Milk

**2**  
Sausage Gravy & Biscuit  
Muffin & Yogurt  
Cereal & Grahams  
Fruit, Juice & Milk

**3**  
Ham, Egg, Cheese Croissant  
Pancakes  
Cereal & Grahams  
Fruit, Juice & Milk

**4**  
Breakfast Pizza  
Glazed Donut  
Cereal & Grahams  
Fruit, Juice & Milk

**7**  
Sausage Egg Biscuit  
French Toast Sticks  
Cereal & Grahams  
Fruit, Juice & Milk

**8**  
Panther Sandwich  
**Fruit & Yogurt Parfait**  
Cereal & Grahams  
Fruit, Juice & Milk

**9**  
Sausage Gravy & Biscuit  
Muffin & Yogurt  
Cereal & Grahams  
Fruit, Juice & Milk

**10**  
Ham, Egg, Cheese Croissant  
Pancakes  
Cereal & Grahams  
Fruit, Juice & Milk

**11**  
Breakfast Pizza  
Glazed Donut  
Cereal & Grahams  
Fruit, Juice & Milk

**14**  
No School  
**HOLIDAY**

**15**  
No School  
**Parent Teacher Conference**

**16**  
Sausage Gravy & Biscuit  
Muffin & Yogurt  
Cereal & Grahams  
Fruit, Juice & Milk

**17**  
Ham, Egg, Cheese Croissant  
Pancakes  
Cereal & Grahams  
Fruit, Juice & Milk

**18**  
Breakfast Pizza  
Glazed Donut  
Cereal & Grahams  
Fruit, Juice & Milk

**21**  
Sausage Egg Biscuit  
French Toast Sticks  
Cereal & Grahams  
Fruit, Juice & Milk

**22**  
Panther Sandwich  
**Fruit & Yogurt Parfait**  
Cereal & Grahams  
Fruit, Juice & Milk

**23**  
Sausage Gravy & Biscuit  
Muffin & Yogurt  
Cereal & Grahams  
Fruit, Juice & Milk

**24**  
Ham, Egg, Cheese Croissant  
Pancakes  
Cereal & Grahams  
Fruit, Juice & Milk

**25**  
Breakfast Pizza  
Glazed Donut  
Cereal & Grahams  
Fruit, Juice & Milk

**28**  
Sausage Egg Biscuit  
French Toast Sticks  
Cereal & Grahams  
Fruit, Juice & Milk

**29**  
Panther Sandwich  
**Fruit & Yogurt Parfait**  
Cereal & Grahams  
Fruit, Juice & Milk

**30**  
Sausage Gravy & Biscuit  
Muffin & Yogurt  
Cereal & Grahams  
Fruit, Juice & Milk

**31**  
Ham, Egg, Cheese Croissant  
Pancakes  
Cereal & Grahams  
Fruit, Juice & Milk



This menu is subject to change due 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](http://WWW.K12PaymentCenter.com) to add money and view purchases.

“This is an equal opportunity provider.”

# OCTOBER 2024

## Rappahannock County Elementary School

Student Lunch - FREE  
Adult Lunch - \$4.63

Monday



Tuesday

Wednesday

Thursday

Friday

**Chicken Quesadilla w/ Tomato Salsa** 1  
Rice & **Fiesta Corn**  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Crispy Chicken Sandwich** 2  
Broccoli & Carrots  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

Corn Dog 3  
**Baked Beans** & French Fries  
**Baked Apple Crisp**  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Meatball Hoagie w/ Provolone Cheese** 4  
Onion Rings & Green Beans  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Chicken Fajitas w/ Local Peppers & Garlic** 7  
Broccoli & Spanish Rice  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Spaghetti & Dinner Roll** 8  
**Side Salad & Bell Peppers**  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**French Toast Casserole w/ Blueberry Compote & Sausage Patty** 9  
PB&J Sandwich  
Salad Bar, Baked Potato  
Fruit & Milk

**Street Taco w/ Salsa Verde & Local Ground Beef** 10  
Corn & Pinto Beans  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Chicken Nuggets & Roll w/ Panther Sauce** 11  
Carrots & French Fries  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**NO SCHOOL** 14  
**HOLIDAY**

**NO SCHOOL** 15  
**Parent Teacher Conference**

**Sweet & Sour Chicken** 16  
Rice & Broccoli  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Cheesburger w/ Lettuce & Tomato** 17  
Green Beans & Onion Rings  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Cheese Pizza Spinach Salad & French Fries** 18  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**BBQ Chicken & Corn Bread** 21  
**Tomato & Cucumber Salad**  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Chicken & Bacon Ranch Wrap** 22  
**Baked Beans & Mashed Potatoes**  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Pasta Primavera w/ Chicken, Vegetables & Roll** 23  
Broccoli, Cauliflower, Carrots  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**French Toast Casserole & Sausage Patty** 24  
Hash Brown & **Baked Apples**  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Corn Dog** 25  
Carrots & French Fries  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Crispy Chicken Sandwich** 28  
Broccoli & Carrots  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Beef Burrito Bowl** 29  
Corn & Black Beans  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**Beefy Mac & Cheese** 30  
**Tomato & Cucumber Salad**  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk

**HAPPY HALLOWEEN** 31  
Tomato Soup & Grilled Cheese, Peas  
PB&J Sandwich  
Salad Bar & Baked Potato  
Fruit & Milk



October is National Farm to School Month! October 7-11 is Farm to School Week! National School Lunch Week is October 14-18.

Harvest of the Month is Apples! The featured menu item is Baked Apple Crisp & Baked Apples.

National Hispanic Heritage Month is September 15 - October 15 featuring Taco Bowl w/ Salsa Verde & Local Ground Beef.

October 10<sup>th</sup> is Crunch Heard Around the Commonwealth featuring Apples from FT Valley Farm. Take a bite out of a fresh, Virginia grown apple!

Try our new Panther Sauce!