



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>HOLIDAY NO SCHOOL</p>	<p>3</p> <p>Panther Sandwich <i>Fruit & Yogurt Parfait</i> Cereal & Grahams Fruit, Juice & Milk</p>	<p>4</p> <p>Sausage Gravy & Biscuit Muffin & Yogurt Cereal & Grahams Fruit, Juice & Milk</p>	<p>5</p> <p>Ham, Egg, Cheese Croissant Pancakes Cereal & Grahams Fruit, Juice & Milk</p>	<p>6</p> <p>Breakfast Pizza Glazed Donuts Cereal & Grahams Fruit, Juice & Milk</p>
<p>9</p> <p>Sausage & Egg Biscuit French Toast Sticks Cereal & Grahams Fruit, Juice & Milk</p>	<p>10</p> <p>Panther Sandwich <i>Fruit & Yogurt Parfait</i> Cereal & Grahams Fruit, Juice & Milk</p>	<p>11</p> <p>Sausage Gravy & Biscuit Muffin & Yogurt Cereal & Grahams Fruit, Juice & Milk</p>	<p>12</p> <p>Ham, Egg, Cheese Croissant Pancakes Cereal & Grahams Fruit, Juice & Milk</p>	<p>13</p> <p>Breakfast Pizza Glazed Donuts Cereal & Grahams Fruit, Juice & Milk</p>
<p>16</p> <p>Sausage & Egg Biscuit French Toast Sticks Cereal & Grahams Fruit, Juice & Milk</p>	<p>17</p> <p>Panther Sandwich <i>Fruit & Yogurt Parfait</i> Cereal & Grahams Fruit, Juice & Milk</p>	<p>18</p> <p>Sausage Gravy & Biscuit Muffin & Yogurt Cereal & Grahams Fruit, Juice & Milk</p>	<p>19</p> <p>Ham, Egg, Cheese Croissant Pancakes Cereal & Grahams Fruit, Juice & Milk</p>	<p>20</p> <p>Breakfast Pizza Glazed Donuts Cereal & Grahams Fruit, Juice & Milk</p>
<p>23</p> <p>Sausage & Egg Biscuit French Toast Sticks Cereal & Grahams Fruit, Juice & Milk</p>	<p>24</p> <p>Panther Sandwich <i>Fruit & Yogurt Parfait</i> Cereal & Grahams Fruit, Juice & Milk</p>	<p>25</p> <p>Sausage Gravy & Biscuit Muffin & Yogurt Cereal & Grahams Fruit, Juice & Milk</p>	<p>26</p> <p>Ham, Egg, Cheese Croissant Pancakes Cereal & Grahams Fruit, Juice & Milk</p>	<p>27</p> <p>Breakfast Pizza Glazed Donuts Cereal & Grahams Fruit, Juice & Milk</p>
<p>30</p> <p>Sausage & Egg Biscuit French Toast Sticks Cereal & Grahams Fruit, Juice & Milk</p>				

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 to add money and view purchases

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HARVEST OF THE MONTH



SEPTEMBER 2024

Rappahannock County Elementary School

Student Lunches – FREE

Adult Lunches - \$4.63

BELL PEPPERS

Monday

Tuesday

Wednesday

Thursday

Friday

**LABOR DAY
NO SCHOOL**

2

Street Tacos

3

Lettuce, Cheese & Tomato

Corn & Pinto Beans

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Sweet & Sour Chicken

4

Rice & Broccoli

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Cheeseburger

5

Green Beans & Onion Rings

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Chicken Nuggets & Roll

6

Panther Sauce

Carrots & French Fries

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

BBQ Chicken & Corn Bread

9

Green Beans &

Sweet Potatoes

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Open Face Turkey Sandwich

10

With Gravy

Baked Beans, Mashed Potatoes

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Pasta Primavera

11

Chicken & Vegetables

Broccoli, Cauliflower, Carrots

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

French Toast Casserole

12

Sausage Patty & Hash Brown

Baked Apples

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Cheese Pizza

13

Spinach Salad

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Chicken Sandwich

16

Tomato & Cucumber Salad

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Beef Burrito

17

Corn & Black Beans

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Beefy Mac & Cheese

18

Broccoli & Carrots

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Chicken Quesadilla

19

Southwest Rice

Pinto Beans & Salsa

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Corn Dog

20

Green Beans &

Mashed Potatoes

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Turkey Wrap, *Lett, Tomato*

23

Veggie Pasta Salad

Green Beans

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Chili Cheese Nacho

24

Fresh Salsa & Guacamole

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Cheese Ravioli

25

Broccoli & Carrots

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Cheeseburger

26

Baked Beans & French Fries

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Cheese Pizza

27

French Fries & *Side Salad*

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk

Sloppy Joe

30

Potato Wedges & *Cole Slaw*

PB&J Sandwich

Salad Bar & Baked Potato

Fresh Fruit & Milk



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