



BREAKFAST

MAY 2022

Rappahannock High School

Monday

Sausage Biscuit **2**
 Pancakes
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Sausage Biscuit **9**
 Pancakes
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Sausage Biscuit **16**
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Sausage Biscuit **23**
 Muffins
 Cereal Bars
 Fruits, Juice & Milk

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Tuesday

Panther Sandwich **3**
 Donuts
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Panther Sandwich **10**
 Donuts
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Panther Sandwich **17**
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Early Release **24**
 Panther Sandwich
 Muffins
 Cereal Bars
 Fruits, Juice & Milk

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Wednesday

Sausage Gravy with **4**
 Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

Sausage Gravy with **11**
 Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

Sausage Gravy with **18**
 Biscuit
 Parfait or Muffin
 Cereal Bars
 Fruits, Juice & Milk

Early Release **25**
 Manager Choice

Thursday

Chicken Biscuit **5**
 Waffles
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Chicken Biscuit **12**
 Waffles
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Chicken Biscuit **19**
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

Early Release **26**
 Manager Choice

Friday

Breakfast Pizza **6**
 Glazed Donut
 Parfait
 Cereal Bars Muffin
 Fruits, Juice & Milk

Breakfast Pizza **13**
 Glazed Donut
 Parfait
 Cereal Bars Muffin
 Fruits, Juice & Milk

Breakfast Pizza **20**
 Parfait, Muffins
 Cereal Bars
 Fruits, Juice & Milk

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This menu is subject to change due to availability.

For more information on which menu items may contain allergens, please contact the cafeteria manager.

This institution is an equal opportunity provider."



PAY FOR MEALS ONLINE
 MySchoolBucks.com

Monday
Tuesday
Wednesday
Thursday
Friday

Chicken Alfredo Roll **2**
 Broccoli & Peas
 Fresh & Canned Fruits
 Juice and Milk

Pizza **3**
 Side Salad & Tomato,
 Cucumber Salad
 Fresh & Canned Fruits
 Juice and Milk

Taco's / Chips **4**
 Corn& Refried Beans
 Fresh & Canned Fruits
 Juice and Milk

Chicken Stir Fry **5**
 Broccoli & Carrot
 Fresh & Canned Fruits
 Juice and Milk

Chicken Tenders/Roll **6**
 Carrots & Broccoli
 Fresh & Canned Fruits
 Juice and Milk

Cheese Burger **9**
 Fries & Carrots
 Fresh & Canned Fruits
 Juice and Milk

Ranch Chicken Wrap **10**
 Mashed Potato &
 Broccoli Salad
 Fresh & Canned Fruits
 Juice and Milk

Beefy Mac **11**
 Roll
 Carrots & Side Salad
 Fresh & Canned Fruits
 Juice and Milk

Pork BBQ Sandwich **12**
 Cole Slaw &
 Baked Beans
 Fresh & Canned Fruits
 Juice and Milk

Chicken Nuggets with **13**
 Roll
 Carrots & Broccoli
 Fresh & Canned Fruits
 Juice and Milk

Pizza **16**
 Tomato, Cucumber Salad &
 Broccoli
 Fresh & Canned Fruits
 Juice & Milk

Soft Shell Taco's **17**
 Corn& Refried Beans
 Fresh & Canned Fruits
 Juice and Milk

Quesadilla **18**
 Side Salad & Broccoli
 Fresh & Canned Fruits
 Juice and Milk

Turkey, Bacon, Cheese **19**
 Sandwich
 Sweet Potatoes & Peas
 Fresh & Canned Fruits
 Juice and Milk

Chicken Tenders/Roll **20**
 Carrots & Broccoli
 Fresh & Canned Fruits
 Juice and Milk

Pork BBQ Sandwich **23**
 Cole Slaw &
 Baked Beans
 Fresh & Canned Fruits

Early Release **24**
 Manager Choice

Early Release **25**
 Manager Choice

Early Release **26**
 BAG LUNCH
 PB&J Sandwich
 Carrots, Apple
 Juice and Milk

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Salads & Baked Potato's will be served every day.
 The last week of school 23 -26 there will no Salads or Baked Potato's