

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**"National Homemade Soup I" 4**  
 Chicken Noodle Soup &  
 Grilled Cheese Sandwich  
 PB&J Sandwich & Chef Salad  
 Carrots & Oven Fries  
 Apple Slices & Milk

**"Taco Tuesday" 5**  
 Tacos & Lett/Chs/Tom Cup  
 PB&J Sandwich  
**Salad Bar & Baked Potato Bar**  
 Corn & Baja Black Beans  
 Pineapple & Milk

**Chicken Patty on Bun 6**  
 PB&J Sandwich  
 Chef Salad  
 Green Beans & Sweet Potatoes  
 Orange Slices & Milk

**Spaghetti & Breadstick 7**  
 PB&J Sandwich  
**Greek Salad Bar**  
**Baked Potato Bar**  
 Potato Wedges & Roasted Broccoli  
 Fresh Fruit Cup & Milk

**Bagged Lunch Day! 1**  
 Ham & Cheese Sub or  
 PB&J Sandwich  
 Carrot Sticks & Ranch  
 Apple or Banana & Milk

**Pizza Dippers & Marinara 8**  
 PB&J Sandwich  
 Chef Salad  
 Tater Tots & Sweet Peas  
 Strawberries & Milk

**Chicken Nuggets & Roll 11**  
 PB&J Sandwich  
 Chef Salad  
 Carrots & Oven Fries  
 Apple Slices & Milk

**Corn Dog 12**  
 PB&J Sandwich  
**Salad Bar**  
**Baked Potato Bar**  
 Baked Beans & Mashed Potatoes  
 Pineapple & Milk

**Cheeseburger on Bun 13**  
 PB&J Sandwich  
 Chef Salad  
 Green Beans & Sweet Potatoes  
 Orange Slices & Milk

**Valentine's Day! 14**  
 Chicken Pasta  
 PB&J Sandwich  
**Caesar Salad Bar & Baked Potato Bar**  
 Potato Wedges & Roasted Broccoli  
 Fresh Fruit Cup & Milk  
 Heart Sugar Cookie

**Pepperoni French Bread P 15**  
 PB&J Sandwich  
 Chef Salad  
 Tater Tots & Cucumber Slices  
 Strawberries & Milk

**Professional 18**  
 Development Day  
**No School for Students**

**Beef & Cheese Nachos 19**  
 PB&J Sandwich  
**Salad Bar**  
**Baked Potato Bar**  
 Corn & Baja Black Beans  
 Pineapple & Milk

**Pancakes & Sausage Links 20**  
 PB&J Sandwich  
 Chef Salad  
 Hash Brown & Carrot Sticks  
 Orange Slices & Milk

**Tomato Soup & 21**  
 Grilled Cheese Sandwich  
 PB&J Sandwich  
**Fiesta Taco Salad Bar**  
**Baked Potato Bar**  
 Potato Wedges & Roasted Broccoli  
 Fresh Fruit Cup & Milk

**Cheese Pizza 22**  
 PB&J Sandwich  
 Chef Salad  
 Tater Tots & Sweet Peas  
 Strawberries & Milk

**Chicken Tenders & Roll 25**  
 PB&J Sandwich  
 Chef Salad  
 Carrots & Oven Fries  
 Apple Slices & Milk

**"Taco Tuesday" 26**  
 Soft Tacos & Lett/Chs/Tom Cup  
 PB&J Sandwich  
**Salad Bar & Baked Potato Bar**  
 Corn & Baja Black Beans  
 Pineapple & Milk

**"National Strawberry Day" 27**  
 Chicken Patty on Bun  
 PB&J Sandwich  
 Chef Salad  
 Green Beans & Sweet Potatoes  
 Strawberries & Milk

**"National Chili Day" 28**  
 Chili & Cornbread/Crackers  
 PB&J Sandwich  
**Strawberry Salad Bar**  
**Baked Potato Bar**  
 Corn on Cob & Potato Wedges  
 Fresh Fruit Cup & Milk

Apply for Free or Reduced meals at: <https://www.myschoolapps.com/Application>

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# BREAKFAST

# FEBRUARY 2019

## Rappahannock County Elementary School

Student Breakfast \$1.30  
Reduced Student Breakfast \$ .30  
Adult Breakfast \$2.30

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**4**  
Chicken Biscuit  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**5**  
French Toast Sticks  
Fruit & Yogurt Parfait  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**6**  
Sausage Gravy & Biscuit  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**7**  
Pancakes  
Glazed Doughnut  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**1**  
Breakfast Pizza  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**11**  
Sausage Biscuit  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**12**  
French Toast Sticks  
Fruit & Yogurt Parfait  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**13**  
Sausage Gravy & Biscuit  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**14**  
**Valentine's Day!**  
Egg & Cheese Burrito  
Glazed Doughnut  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**8**  
Breakfast Pizza  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**15**  
Breakfast Pizza  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**18**  
**Professional Development Day**  
  
**No School for Students**

**19**  
French Toast Sticks  
Fruit & Yogurt Parfait  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**20**  
Sausage Gravy & Biscuit  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**21**  
Pancakes  
Glazed Doughnut  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**22**  
Breakfast Pizza  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**25**  
Sausage Biscuit  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**26**  
French Toast Sticks  
Fruit & Yogurt Parfait  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**27**  
Sausage Gravy & Biscuit  
Bagel & Cream/String Cheese  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

**28**  
Egg & Cheese Burrito  
Glazed Doughnut  
Cereal & Grahams  
Muffin & Yogurt  
Fruit, Juice & Milk

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