

**BREAKFAST**

# OCTOBER 2018

## Rappahannock County Elementary School

“Virginia Farm-to-School Week” is October 1-5, 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Biscuit Bagel & Cream or String Cheese Cereal & Grahams Muffin & Yogurt Local Apple, Juice & Milk	2 French Toast Sticks Local Peach & Yogurt Parfait Cereal & Grahams Muffin & Yogurt Local Apple, Juice & Milk	3 Sausage Gravy & Biscuit Bagel & Cream or String Cheese Cereal & Grahams Muffin & Yogurt Local Apple, Juice & Milk	4 Pancakes & Local Sausage Links Glazed Doughnut Cereal & Grahams Muffin & Yogurt Local Apple, Juice & Milk	5 PT Conferences No School for Students
8 Sausage Biscuit Bagel & Cream/String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	9 French Toast Sticks Fruit & Yogurt Parfait Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	10 Sausage Gravy & Biscuit Bagel & Cream or String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	11 Egg & Cheese Burrito Glazed Doughnut Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	12 Breakfast Pizza Bagel & Cream or String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk
15 Chicken Biscuit Bagel & Cream/String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	16 French Toast Sticks Fruit & Yogurt Parfait Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	17 Sausage Gravy & Biscuit Bagel & Cream or String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	18 Pancakes Glazed Doughnut Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	19 Breakfast Pizza Bagel & Cream or String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk
22 Sausage Biscuit Bagel & Cream/String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	23 French Toast Sticks Fruit & Yogurt Parfait Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	24 Sausage Gravy & Biscuit Bagel & Cream or String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	25 Egg & Cheese Burrito Glazed Doughnut Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	26 Breakfast Pizza Bagel & Cream or String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk
29 Chicken Biscuit Bagel & Cream/String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	30 French Toast Sticks Fruit & Yogurt Parfait Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk	31 Sausage Gravy & Biscuit Bagel & Cream or String Cheese Cereal & Grahams Muffin & Yogurt Fruit, Juice & Milk		

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

“This institution is an equal opportunity provider.”

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
 MySchoolBucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets & Roll PB&J Sandwich Chef Salad Carrots & Oven Fries Local Watermelon & Milk	2 “Taco Tuesday” Tacos with Local Ground Beef PB&J Sandwich Salad Bar Corn & Baja Black Beans Pineapple & Milk	3 Cheeseburger on Bun PB&J Sandwich Chef Salad Sweet Peas & Local Roasted Sweet Potatoes Local Apple Crisp & Milk	4 Hot Dog Bagged Lunch Carrot Sticks & Ranch Local Apple & Milk  Early Release-12:00 Teacher Workday	5 PT Conferences  No School for Students
8 Chicken Tenders & Roll PB&J Sandwich Chef Salad Carrots & Oven Fries Strawberries & Milk	9 Chicken Pasta PB&J Sandwich Salad Bar Side Salad & Green Beans Pineapple & Milk	10 Chicken Patty on Bun PB&J Sandwich Chef Salad Baked Beans & Mashed Potatoes Orange Slices & Milk	11 Ham & Cheese Sub PB&J Sandwich Greek Salad Bar Potato Wedges & Roasted Broccoli Fresh Fruit Cup & Milk	12 Pizza Dippers & Marinara PB&J Sandwich Chef Salad Tater Tots & Carrot Sticks Banana & Milk
15 Chicken Nuggets & Roll PB&J Sandwich Chef Salad Carrots & Oven Fries Watermelon & Milk	16 “Taco Tuesday” Tacos & Lett/Ch/Tom Cup PB&J Sandwich Salad Bar Corn & Black Beans Pineapple & Milk	17 Cheeseburger on Bun PB&J Sandwich Chef Salad Green Beans & Sweet Potatoes Apple Slices & Milk	18 Turkey, Bacon & Cheese Sub PB&J Sandwich Strawberry Salad Bar Potato Wedges & Roasted Cauliflower Fresh Fruit Cup & Milk	19 Pepperoni French Bread Pizza PB&J Sandwich Chef Salad Tater Tots & Broccoli Florets Banana & Milk
22 Chicken Tenders & Roll PB&J Sandwich Chef Salad Carrots & Oven Fries Strawberries & Milk	23 Spaghetti & Bread Stick PB&J Sandwich Salad Bar Side Salad & Green Beans Pineapple & Milk	24 Chicken Patty on Bun PB&J Sandwich Chef Salad Baked Beans & Roasted Broccoli Orange Slices & Milk	25 Pancakes & Sausage Links PB&J Sandwich Fiesta Taco Salad Bar Hash Brown & Veggie Sticks Fresh Fruit Cup & Milk	26 Cheese Pizza PB&J Sandwich Chef Salad Tater Tots & Carrot Sticks Banana & Milk
29 Chicken Nuggets & Roll PB&J Sandwich Chef Salad Carrots & Oven Fries Apple Slices & Milk	30 Corn Dog PB&J Sandwich Salad Bar Baked Beans & Mashed Potatoes Pineapple & Milk	“Haunting” Halloween Menu “Taunting” Tomato Soup & “Bone” Bread Stick “Potion” PB&J Sandwich “Chilling” Chef Salad “Boo” Broccoli & “Creepy” Carrot Sticks “Witch” Watermelon & “Monster” Milk		

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