BREAKFAST

MARCH 2022

Rappahannock County Elementary School

Student Breakfast ~ FREE Adult Breakfast ~ \$2.30

Monday	Tuesday	Wednesday	Thursday	Friday
"National School Breakfast Week" is March 7-11 "Take Off with School Breakfast." We will have 2 new menus items during this week!	Waffles Muffin & String Cheese Fresh Fruit Juice & Milk	Sausage Gravy & Biscul Cinnamon Toast Crunch Bar Fresh Fruit Juice & Milk	3 Holiday	4 Holiday
7 Holiday	Pancakes Muffin & String Cheese Fresh Fruit Juice & Milk	Sausage Gravy & Biscu? Cinnamon Toast Crunch Bar Fruit & Yogurt Parfait Fresh Fruit Juice & Milk	Bacon, Egg & Cheese Biston Muffin & String Cheese Fresh Fruit Juice & Milk	Breakfast Pizza Cereal & Graham Crackers Fresh Fruit Juice & Milk
Sausage Biscuit	Waffles 15	Sausage Gravy & Biscuid	Pancakes	Breakfast Pizza
Bagel & Cream Cheese	Muffin & String Cheese	Cinnamon Toast Crunch Bar	Muffin & Yogurt	Cereal & Graham Crackers
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Juice & Milk	Juice & Milk	Juice & Milk	Juice & Milk	Juice & Milk
Sausage Biscuit	Waffles	Sausage Gravy & Bisc 23	Pancakes	Breakfast Pizza 25
Egg & Cheese Burrito	Muffin & String Cheese	Cinnamon Toast Crunch Bar	Muffin & Yogurt	Cereal & Graham Crackers
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Juice & Milk	Juice & Milk	Juice & Milk	Juice & Milk	Juice & Milk
Sausage Biscuit	Waffles	Sausage Gravy & Biscuit	Pancakes	
Bagel & Cream Cheese	Muffin & String Cheese	Cinnamon Toast Crunch Bar	Muffin & Yogurt	
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Juice & Milk	Juice & Milk	Juice & Milk	Juice & Milk	



MARCH 2022

Rappahannock County Elementary School

Student Lunch ~ FREE Adult Lunch ~ \$2.30

Monday	Tuesday	Wednesday	Thursday	Friday
"Harvest of the Month" is *KALE * Kale Salad will be served on Wednesday, the 23 rd !	Corn Dog PB&J Sandwich Chef Salad, Baked Potato Baked Beans & Mashed Potatoes Fresh Fruit & Milk	Chicken Patty PB&J Sandwich Chef Salad, Baked Potato Green Beans & Sweet Potatoes Fresh Fruit & Milk	3 Holiday	4 Holiday
7 Holiday	Taco Tuesday 8 PB&J Sandwich Chef Salad, Baked Potato Corn & Black Beans Fresh Fruit & Milk	Chicken Noodle Soup Grilled Cheese Sandwich PB&J Sandwich Chef Salad, Baked Potato Carrots & Green Beans Fresh Fruit & Milk	Macaroni & Cheese 10 PB&J Sandwich Chef Salad, Baked Potato Potato Wedges & Roasted Broccol Fresh Fruit & Milk	Cheese Pizza PB&J Sandwich Chef Salad, Baked Potato Sweet Peas & Tater Tots Fresh Fruit & Milk
Chicken Nuggets & Rold PB&J Sandwich Chef Salad, Baked Potato Carrots & Oven Fries Fresh Fruit & Milk	Cheeseburger PB&J Sandwich Chef Salad, Baked Potato Baked Beans & Mashed Potatoes Fresh Fruit & Milk	Tomato Soup & 16 Grilled Cheese Sandwich PB&J Sandwich Chef Salad, Baked Potato Carrots & Green Beans Fresh Fruit & Milk	Chicken Pasta PB&J Sandwich Chef Salad, Baked Potato Potato Wedges & Roasted Broccoli Fresh Fruit & Milk	French Bread Pizza 18 PB&J Sandwich Chef Salad, Baked Potato Sweet Peas & Tater Tots Fresh Fruit & Milk
Chicken Tenders & Roll PB&J Sandwich Chef Salad, Baked Potato Carrots & Oven Fries Fresh Fruit & Milk	Soft Taco PB&J Sandwich Chef Salad, Baked Potato Corn & Black Beans Fresh Fruit & Milk	Chicken & Cheese Ques 2011 PB&J Sandwich Chef Salad, Baked Potato Kale Salad & Potato Wedges Fresh Fruit & Milk	PB&J Sandwich Chef Salad, Baked Potato	Personal Pizza 25 PB&J Sandwich Chef Salad, Baked Potato Green Beans & Tater Tots Fresh Fruit & Milk
Chicken Nuggets & R 28 PB&J Sandwich Chef Salad, Baked Potato Carrots & Oven Fries Fresh Fruit & Milk	Hot Dog PB&J Sandwich Chef Salad, Baked Potato Baked Beans & Mashed Potatoes Fresh Fruit & Milk Early Release 12:00/PD	Hot Ham & Cheese M PB&J Sandwich Chef Salad, Baked Potato Roasted Broccoli & Potato Wedges Fresh Fruit & Milk	Spaghetti & Breadstic 31 PB&J Sandwich Chef Salad, Baked Potato Side Salad & Green Beans Fresh Fruit & 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.

Apply for Free or Reduced meals at: <u>www.lunchapplication.com</u>.

Register and create an account for your child at <u>www.K12PaymentCenter.com</u> to add money and view their purchases.

"This institution is an equal opportunity provider."