



BREAKFAST

SEPTEMBER 2018

Rappahannock County Elementary School

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

Monday

3
 Labor Day Holiday!

10
 Chicken Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

17
 Professional Development Day!
 No School for Students!

24
 Sausage Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

Tuesday

4
 French Toast Sticks
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

11
 French Toast Sticks
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

18
 French Toast Sticks
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

25
 French Toast Sticks
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

Wednesday

5
 Sausage Gravy & Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

12
 Sausage Gravy & Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

19
 Sausage Gravy & Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

26
 Sausage Gravy & Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

Thursday

6
 Pancakes
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

13
 Egg & Cheese Burrito
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

20
 Pancakes
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

27
 Egg & Cheese Burrito
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

Friday

7
 Breakfast Pizza
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

14
 Breakfast Pizza
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

21
 Breakfast Pizza
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk

28
 Breakfast Pizza
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fruit, Juice & Milk



This institution is an equal opportunity provider.

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com



SEPTEMBER 2018

Rappahannock County Elementary School

Student Lunch \$2.05
 Reduced Student Lunch \$.40
 Adult Lunch \$3.50

Monday

3
 Labor Day
 Holiday!

10
 Chicken Tenders & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Strawberries & Milk

17
 Professional
 Development Day!
 No School for
 Students!

24
 Chicken Tenders & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Strawberries & Milk

Tuesday

4
 Chicken Nuggets & Roll
 PB&J Sandwich
Salad Bar
 Sweet Peas & Oven Fries
Local Honeydew & Milk

11
"Taco Tuesday"
 Tacos & Lett/Ch/Tom Cup
 PB&J Sandwich
Salad Bar
 Corn & Baja Black Beans
 Pineapple & Milk

18
 Chicken Nuggets & Roll
 PB&J Sandwich
Salad Bar
 Sweet Peas & Oven Fries
 Cantaloupe & Milk

25
 Spaghetti & Bread Stick
 PB&J Sandwich
Salad Bar
 Side Salad & Green Beans
 Pineapple & Milk

Wednesday

5
 Corn Dog
 PB&J Sandwich
 Chef Salad
 Baked Beans &
 Mashed Potatoes
 Pineapple & Milk

12
 Chicken Patty on Bun
 PB&J Sandwich
 Chef Salad
 Green Beans & Sweet Potatoes
Local Apple Slices & Milk

19
 Cheeseburger on Bun
 PB&J Sandwich
 Chef Salad
 Sweet Potatoes &
 Roasted Broccoli
 Pineapple & Milk

26
 Chicken Patty on Bun
 PB&J Sandwich
 Chef Salad
 Baked Beans &
 Mashed Potatoes
Local Apple Slices & Milk

Thursday

6
 Turkey, Bacon & Cheese **Sub**
 PB&J Sandwich
Greek Salad Bar
 Potato Wedges &
 Roasted Broccoli
Local Watermelon & Milk

13
 Beef Stir Fry & Rice
 PB&J Sandwich
Strawberry Summer Salad Bar
 Potato Wedges &
 Roasted Broccoli
 Orange Slices & Milk

20
 Chicken Pasta
 PB&J Sandwich
Fiesta Taco Salad Bar
 Green Beans & Potato Wedges
Local Watermelon & Milk

27
 Pancakes &
Local Sausage Links
 PB&J Sandwich
Caesar Salad Bar
 Hash Brown & Carrot Sticks
 Fresh Fruit Salad & Milk

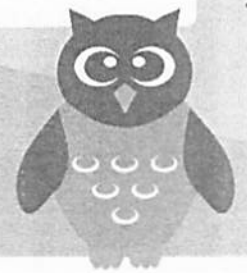
Friday

7
 Pizza Dippers & Marinara
 PB&J Sandwich
 Chef Salad
 Tater Tots & Carrot Sticks
 Banana & Milk

14
 Cheese Pizza
 PB&J Sandwich
 Chef Salad
 Tater Tots & Cucumber Slices
 Banana & Milk

21
 Pepperoni French Bread Pizza
 PB&J Sandwich
 Chef Salad
 Tater Tots & Carrot Sticks
 Banana & Milk

28
 Cheese Pizza
 PB&J Sandwich
 Chef Salad
 Tater Tots & Broccoli Florets
 Banana & Milk



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