

# December 2017

## Rappahannock County High School

### BREAKFAST



**School Information:** A complete breakfast is: one entrée (either a grain or a grain + protein), 100% fruit juice or fresh fruit, and skim or low-fat milk.



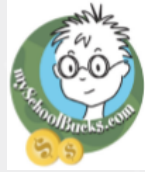
**Student Breakfast \$1.80**

**Adult Breakfast \$2.30**

### Monday



### Tuesday



### Wednesday

### Thursday



### Friday

4  
Cheesy Chicken Croissant  
Bacon, Egg, Cheese & Salsa  
Cereal Bar or Frudels  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

5  
Rapp Special Sandwich  
Chicken, Ham, Cheese on  
Croissant  
Bagel/ Strawberry Cream Cheese  
Frudels or Parfait  
Fresh Fruit or Fruit Juice  
Milk

6  
Panther Sandwich  
Frudels or Breakfast Bars  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

7  
Sausage Croissant  
Frudels or Breakfast Bars  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

8  
Breakfast Pizza  
Cereal Bar or Frudels  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

11  
Cheesy Chicken Croissant  
Bacon, Egg, Cheese & Salsa  
Cereal Bar or Frudels  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

12  
Rapp Special Sandwich  
Chicken, Ham, Cheese on  
Croissant  
Bagel/ Strawberry Cream Cheese  
Frudels or Parfait  
Fresh Fruit or Fruit Juice  
Milk

13  
Panther Sandwich  
Frudels or Breakfast Bars  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

14  
Sausage Croissant  
Frudels or Breakfast Bars  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

15  
Breakfast Pizza  
Cereal Bar or Frudels  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

18  
Cheesy Chicken Sandwich  
Bacon, Egg, Cheese & Salsa  
Cereal Bar or Frudels  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

19  
Rapp Special Sandwich  
Chicken, Ham, Cheese on  
Croissant  
Bagel/ Strawberry Cream Cheese  
Frudels or Parfait  
Fresh Fruit or Fruit Juice  
Milk

20  
**\*EARLY RELEASE\***  
Panther Sandwich  
Frudels or Breakfast Bars  
Parfait  
Fresh Fruit or Fruit Juice  
Milk

21  
**NO SCHOOL**  
Enjoy your break!

22  
**NO SCHOOL**  
Enjoy your break!

25  
**NO SCHOOL**  
MERRY CHRISTMAS!

26  
**NO SCHOOL**  
Enjoy your break!

27  
**NO SCHOOL**  
Enjoy your break!

28  
**NO SCHOOL**  
Enjoy your break!

29  
**NO SCHOOL**  
Enjoy your break!