

November 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.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Student Breakfast \$1.80

Adult Breakfast \$2.30



6
Breakfast Taco
Chicken, Egg, Cheese & Salsa
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

7
Rapp Special Sandwich
Chicken, Ham, Cheese on
Croissant
Bagel/ Strawberry Cream Cheese
Frudels or Parfait
Fresh Fruit or Fruit Juice
Milk

1
Panther Sandwich
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

2
Sausage Croissant
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

3
Breakfast Pizza
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

13
Breakfast Taco
Chicken, Egg, Cheese & Salsa
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

14
Rapp Special Sandwich
Chicken, Ham, Cheese on
Croissant
Bagel/ Strawberry Cream Cheese
Frudels or Parfait
Fresh Fruit or Fruit Juice
Milk

8
Panther Sandwich
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

9
Sausage Biscuit
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

10
Breakfast Pizza
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

20
Breakfast Taco
Chicken, Egg, Cheese & Salsa
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

21
Rapp Special Sandwich
Chicken, Ham, Cheese on
Croissant
Bagel/ Strawberry Cream Cheese
Frudels or Parfait
Fresh Fruit or Fruit Juice
Milk

15
Panther Sandwich
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

16
Sausage Biscuit
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

17
Breakfast Pizza
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

22
NO SCHOOL

23
NO SCHOOL

24
NO SCHOOL

HAPPY THANKSGIVING!

27
Breakfast Taco
Chicken, Egg, Cheese & Salsa
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

28
Rapp Special Sandwich
Chicken, Ham, Cheese on
Croissant
Bagel/ Strawberry Cream Cheese
Frudels or Parfait
Fresh Fruit or Fruit Juice
Milk

29
Panther Sandwich
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

30
Sausage Biscuit
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

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