

October 2017 Rappahannock County High School

BREAKFAST



School Information: A complete breakfast is: one entrée (either a grain or a grain + protein), 100%



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



Monday

Tuesday

Wednesday

Thursday

Friday

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

2

Bagel Sandwich,
Cinnamon Crisp/ Fruit
Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

3

Panther Sandwich
Frudels or Breakfast Bars
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

4

Sausage Biscuit
Frudels or Breakfast Bars
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

5

Breakfast Pizza
Cereal Bar or Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

6

Chicken Croissant
Cereal Bar or Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

9

Bagel Sandwich,
Cinnamon Crisp/ Fruit
Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

10

Panther Sandwich
Frudels or Breakfast Bars
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

11

Sausage Biscuit
Frudels or Breakfast Bars
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

12

Breakfast Pizza
Cereal Bar or Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

13

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

16

Bagel Sandwich,
Cinnamon Crisp/ Fruit
Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

17

Panther Sandwich
Frudels or Breakfast Bars
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

18

Sausage Biscuit
Frudels or Breakfast Bars
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

19

Breakfast Pizza
Cereal Bar or Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

20

Chicken Croissant
Cereal Bar or Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

23

Bagel Sandwich,
Cinnamon Crisp/ Fruit
Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

24

Panther Sandwich
Frudels or Breakfast Bars
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

25

Sausage Biscuit
Frudels or Breakfast Bars
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

26

Breakfast Pizza
Cereal Bar or Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

27

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

30

Bagel Sandwich
Cinnamon Crisp/ Fruit
Frudels
Smoothies & Parfait
Fresh Fruit or Fruit Juice
Milk

31

Student Breakfast \$1.80

Adult Breakfast \$2.30

