

November 2017 Rappahannock County Elementary School

BREAKFAST



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

Gobble up on Nutrition this Fall!
 Eat a Healthy, Nutritious Breakfast Every Morning!



Monday



6
 Chicken Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

13
 Sausage Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

20
 Chicken Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

27
 Sausage Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

Tuesday

7
 French Toast Sticks
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

14
 French Toast Sticks
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

21
 French Toast Sticks
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

28
 French Toast Sticks
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

Wednesday

1
 Sausage Gravy & Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

8
 Sausage Gravy & Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

15
 Sausage Gravy & Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

22
 No School!
 Thanksgiving Holiday!

29
 Sausage Gravy & Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

Thursday

2
 Fruit & Yogurt Parfait
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

9
 Pancakes
 Egg & Cheese Burrito
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

16
 Fruit & Yogurt Parfait
 Glazed Doughnut
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

23
 No School!
 Thanksgiving Holiday!

30
 Pancakes
 Egg & Cheese Burrito
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

Friday

3
 Breakfast Pizza
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

10
 Breakfast Pizza
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

17
 Breakfast Pizza
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit, Juice & Milk

24
 No School!
 Thanksgiving Holiday!



This institution is an equal opportunity provider."

November 2017 Rappahannock County Elementary School

LUNCH



Student Lunch \$1.95
 Reduced Student Lunch \$.40
 Adult Lunch \$3.50



Gobble up and Give Thanks!
 Our Thanksgiving Lunch will be on Thursday,
 November 16th.

Monday



6
 Chicken Nuggets & Roll
 PB&J Sandwich
 Chef Salad
 Green Beans & Sweet Potatoes
 Apple Slices & Milk

13
 Chicken Tenders & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Apple Slices & Milk

20
 Chicken Nuggets & Roll
 PB&J Sandwich
 Chef Salad
 Sweet Peas & Oven Fries
 Apple Slices & Milk

27
 Chicken Tenders & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Apple Slices & Milk

Tuesday

7
 Tomato Soup & Grilled
 Cheese Sandwich
 PB&J Sandwich
 Chef Salad
 Side Salad & Carrot Sticks
 Orange Slices & Milk

14
 Tacos & L/T/C Cup
 PB&J Sandwich
 Chef Salad
 Corn & Black Beans
 Orange Slices & Milk

21
 Corn Dog
 PB&J Sandwich
 Chef Salad
 Baked Beans & Mashed Potatoes
 Orange Slices & Milk

28
 Soft Tacos & L/T/C Cup
 PB&J Sandwich
 Chef Salad
 Corn & Black Beans
 Orange Slices & Milk

Wednesday

1
 Chicken Patty on Bun
 PB&J Sandwich
 Chef Salad
 Baked Beans & Potato Wedges
 Pineapple & Milk

8
 Cheeseburger on Bun
 PB&J Sandwich
 Chef Salad
 Baked Beans & Roasted Broccoli
 Pineapple & Milk

15
 Chicken Patty on Bun
 PB&J Sandwich
 Chef Salad
 Potato Wedges & Roasted Broccoli
 Fresh Fruit Cup & Milk

22
 No School!
 Thanksgiving Holiday!

29
 Cheeseburger on Bun
 PB&J Sandwich
 Chef Salad
 Potato Wedges & Broccoli Florets
 Pineapple & Milk

Thursday

2
 Turkey, Bacon &
 Cheese Melt
 PB&J Sandwich
 Salad Bar
 Corn & Broccoli Florets
 Strawberries & Milk

9
 Chicken Pasta
 PB&J Sandwich
 Salad Bar
 Corn & Potato Wedges
 Strawberries & Milk

16
 Thanksgiving Lunch!
 Hot Turkey & Gravy
 Open Faced Sandwich
 Mashed Potatoes & Gravy
 Green Beans
 Pumpkin Pie & Milk

23
 No School!
 Thanksgiving Holiday!

30
 Spaghetti & Breadstick
 PB&J Sandwich
 Salad Bar
 Side Salad & Green Beans
 Strawberries & Milk

Friday

3
 Cheese Pizza
 PB&J Sandwich
 Chef Salad
 Tater Tots & Carrot Sticks
 Banana & Milk

10
 Pizza Dippers & Marinara
 PB&J Sandwich
 Chef Salad
 Tater Tots & Cucumber Slices
 Banana & Milk

17
 Cheese Pizza
 PB&J Sandwich
 Chef Salad
 Tater Tots & Carrot Sticks
 Banana & Milk

24
 No School!
 Thanksgiving Holiday!



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