

April 2018

Rappahannock County High School

BREAKFAST



Student Breakfast \$1.80
Adult Breakfast \$2.30



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.



Monday

Tuesday

Wednesday

Thursday

Friday

No School

2

Sausage Croissant
Cinnamon Crisp/Fresh Fruit
Cereal Bars or Frudels
Parfait
Fresh Fruit or Fruit Juice
Smoothies
Milk

3

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

4

Rapp Special Sandwich
Frudels or Cereal Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

5

Breakfast Pizza
Glazed Donut
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

6

Chicken Sandwich Special
Apple Stick
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Smoothies
Milk

9

Sausage Croissant
Cinnamon Crisp/Fresh Fruit
Cereal Bars or Frudels
Parfait
Fresh Fruit or Fruit Juice
Smoothies
Milk

10

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

11

Rapp Special Sandwich
Frudels or Cereal Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

12

Breakfast Pizza
Glazed Donut
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

13

Chicken Sandwich Special
Apple Stick
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Smoothies
Milk

16

Sausage Croissant
Cinnamon Crisp/Fresh Fruit
Cereal Bars or Frudels
Parfait
Fresh Fruit or Fruit Juice
Smoothies
Milk

17

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

18

Rapp Special Sandwich
Frudels or Cereal Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

19

Breakfast Pizza
Glazed Donut
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

20

Chicken Sandwich Special
Apple Stick
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Smoothies
Milk

23

Sausage Croissant
Cinnamon Crisp/Fresh Fruit
Cereal Bars or Frudels
Parfait
Fresh Fruit or Fruit Juice
Smoothies
Milk

24

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

25

Rapp Special Sandwich
Frudels or Cereal Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

26

Breakfast Pizza
Glazed Donut
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

27

Chicken Sandwich Special
Apple Stick
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Smoothies
Milk

30

**"This institution is an equal
opportunity provider and
employer"**

