

February 2018

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



Rapp Special Sandwich
Egg, Ham, & Cheese on
Croissant **1**
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

Breakfast Pizza **2**
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Cheesy Chicken Bagel **5**
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Sausage Croissant **6**
Cereal Bars or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Panther Sandwich **7**
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

Rapp Special Sandwich **8**
Egg, Ham, & Cheese on
Croissant
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

Breakfast Pizza **9**
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Cheesy Chicken Bagel **12**
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Sausage Croissant **13**
Cereal Bars or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Panther Sandwich **14**
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

Rapp Special Sandwich **15**
Egg, Ham, & Cheese on
Croissant
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

Breakfast Pizza **16**
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Teacher Work Day **19**
No School

Sausage Croissant **20**
Cereal Bars or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Panther Sandwich **21**
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

Rapp Special Sandwich **22**
Egg, Ham, & Cheese on
Croissant
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk

Breakfast Pizza **23**
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Cheesy Chicken Bagel **26**
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Sausage Croissant **27**
Cereal Bars or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

Panther Sandwich **28**
Frudels or Breakfast Bars
Parfait
Fresh Fruit or Fruit Juice
Milk



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