

May 2018

Rappahannock County High School

BREAKFAST



School Information:

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

Chicken Sandwich
Cereal Bar or Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

7

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

8

Panther Sandwich
Frudels or Cereal Bar
Parfait
Fresh Fruit or Fruit Juice
Milk

9

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

10

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

11

Chicken Sandwich
Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

14

Sausage Croissant
Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

15

Panther Sandwich
Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

16

Rapp Special Sandwich
Frudels
Parfait
Fresh Fruit or Fruit Juice
Milk

17

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

18

Chicken Sandwich
Fresh Fruit or Fruit Juice
Milk

21

Sausage Croissant
Fresh Fruit or Fruit Juice
Milk

22

Panther Sandwich
Fresh Fruit or Fruit Juice
Milk

23

Rapp Special Sandwich
Fresh Fruit or Fruit Juice
Milk

24

Breakfast Pizza
Fresh Fruit or Fruit Juice
Milk

25

No School!

28

Manager's Choice
Fresh Fruit or Fruit Juice
Milk

29

Manager's Choice
Fresh Fruit or Fruit Juice
Milk

30

Early Release

31

Manager's Choice
Fresh Fruit or Fruit Juice
Milk

Have a great summer!!

