

JANUARY 2019

Rappahannock County High School

Student Reduced Lunch \$0.40
 Student Lunch \$2.55
 Adult Lunch \$3.50


Monday
Tuesday
Wednesday
Thursday
Friday
1
2
3
4

7
 Cheese Burgers
 Fries & Spinach
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

8
 Chicken Alfredo
 Peas & Broccoli
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

9
 Veg Beef Soup
 Grilled Cheese Sandwich
 Carrots & Stewed Tomatoes
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

10
 Pork BBQ
 Baked Beans & Cole Slaw
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

11
 Chicken Nuggets w/ Corn Muffin
 Carrots & Broccoli Cups
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

14
 Grilled Cheese & Ham Sandwich
 Fries & Roasted Carrots
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

15
 Beefy Mac
 Corn & Romaine Salad
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

16
 Chicken Noodle Soup
 w/ Grilled Cheese Sandwich
 Broccoli & Peas
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

17
 NACHO BAR
 Refried Beans & Carrots
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

18
 Chicken Patty
 Roasted Red Peppers & Broccoli
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

NO SCHOOL
21

22
 Ravioli w/ WG Roll
 Stewed Tomatoes & Green Beans
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

22

23
 Cheesy Corn Chowder / Grilled Cheese
 Turkey & Cheese Sandwich
 Green beans & Peas
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veggies & Fresh Fruit or
 Canned Fruit Juice and Milk

23

24
 Ham & Cheese Stromboli
 Romaine Salad & Corn
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

24

25
 Chicken Nuggets/ WG Roll
 Carrots & Broccoli
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

25

28
 Sloppy Joe
 Spinach & Tomatoes
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

28

29
 Beef Stew / Bread Stick
 Carrots & Green Beans
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

29

30
 CHILI in a Cracker Bowl
 Romaine Salad & Refried Beans
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

30

31
 Cheesy Potato & Ham Casserole
 w/ WG Roll
 Carrots & Corn
 Salad Bar & Baked Potato Bar
 PB&J Sandwich
 Fresh Veg's & Fresh Fruit or
 Canned Fruit
 Fruit Juice & Milk

31

There will be soup on the salad bar

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