

JANUARY 2020

Rappahannock County High School

Student Reduced Breakfast \$0.30
 Student Breakfast \$1.85
 Adult Breakfast \$2.30

Monday

Tuesday

Wednesday

Thursday

Friday



6
NO SCHOOL

7
 Panther Sandwich
 Apple Cinnamon Toast
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

1
NO SCHOOL

2
NO SCHOOL

3
NO SCHOOL

13
 Café Griddle /Pancake
 Sausage Sandwich
 Muffin, Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

14
 Panther Sandwich
 Apple Cinnamon Toast
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

15
 Sausage Gravy/Biscuit
 French Toast Sticks
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

16
 Chicken Biscuit
 Cinnamon Rolls
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

17
 Breakfast Pizza
 Glazed Donut
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

20
NO SCHOOL

21
 Panther Sandwich
 Apple Cinnamon Toast
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

22
 Sausage Gravy/Biscuit
 French Toast Sticks
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

23
 Chicken Biscuit
 Cinnamon Rolls
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

24
 Breakfast Pizza
 Glazed Donut
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

27
 Café Griddle /Pancake
 Sausage Sandwich
 Muffin, Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

28
 Panther Sandwich
 Apple Cinnamon Toast
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

29
 Sausage Gravy/Biscuit
 French Toast Sticks
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

30
 Chicken Biscuit
 Cinnamon Rolls
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

31
 Breakfast Pizza
 Glazed Donut
 Parfait
 Frudel & Cereal Bars
 Milk, Juice, & Fruits

Apply for free & reduced meals at www.myschoolapps.com

"This institution is an equal opportunity employer:"

