

JANUARY 2020

Rappahannock County High School

Student Reduced Lunch \$0.40
 Student Lunch \$2.65
 Adult Lunch \$3.50

Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL 6

7
 Cheeseburgers
 Fries & Corn
 Fresh or Canned
 Fruits

NO SCHOOL 1

NO SCHOOL 2

NO SCHOOL 3

13
 Shepherd's Pie
 Stewed Tomatoes &
 Green Beans
 Fresh or Canned
 Fruits

14
 Chicken Noodle Soup
 Grilled Cheese Sandwich
 Carrots & Broccoli
 Fresh or Canned
 Fruits

15
 Nacho Bar
 Refried Beans & Tomatoes
 Fresh or Canned
 Fruits

16
 BBQ Chicken
 Romaine Salad & Corn
 Fresh or Canned
 Fruits

17
 Chicken Patty
 Fries & Broccoli Salad
 Fresh or Canned
 Fruits

NO SCHOOL 20

21
 Tomato Soup
 Grilled Cheese Sandwich
 Peas & Corn
 Fresh or Canned
 Fruits

22
 Chicken Stir Fry
 Broccoli & Carrots
 Fresh or Canned
 Fruits

23
 Beefy Mac
 Stewed Tomatoes &
 Green Beans
 Fresh or Canned
 Fruits

24
 Chicken Nuggets
 Baked Beans & Corn
 Fresh or Canned
 Fruits

27
 Build a Burger Bar
 Broccoli Salad & Peas
 Fresh or Canned
 Fruits

28
 Chili
 Corn Bread or Crackers
 Carrots & Corn
 Fresh or Canned
 Fruits

29
 Spaghetti/Meat Sauce/Roll
 Stewed Tomato &
 Romaine Salad
 Fresh or Canned
 Fruits

30
 Meatloaf / Roll
 Mashed Potato &
 Green Beans
 Fresh or Canned
 Fruits

31
 Chicken Tenders/ Roll
 Carrots & Broccoli
 Fresh or Canned
 Fruits

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

**Available Everyday: SALAD BAR, BAKED POTATO BAR & PB&J SANDWICH
 FRESH COLD MILK & JUICES**