

Monday

Tuesday

Wednesday

Thursday

Friday



6
 No School for Students!
 Teacher Workday!

7
 French Toast Sticks
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

1
 No School!
 Winter Break!

8
 Sausage Gravy & Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

2
 No School!
 Winter Break!

9
 Glazed Doughnut
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

3
 No School!
 Winter Break!

10
 Breakfast Pizza
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

13
 Pancakes & Sausage Links
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

14
 French Toast Sticks
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

15
 Sausage Gravy & Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

16
 Glazed Doughnut
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

17
 Breakfast Pizza
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

20
 No School!
 Martin Luther King Holiday!

21
 French Toast Sticks
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

22
 Sausage Gravy & Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

23
 Glazed Doughnut
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

24
 Breakfast Pizza
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

27
 Pancakes & Sausage Links
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

28
 French Toast Sticks
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

29
 Sausage Gravy & Biscuit
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

30
 Glazed Doughnut
 Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

31
 Breakfast Pizza
 Bagel & Cream/String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Fruit
 Juice & Milk Choices

"For more information on which menu items may contain allergens, please contact the cafeteria manager."

JANUARY 2020

Rappahannock County Elementary School

Student Lunch \$2.15
 Reduced Student Lunch \$.40
 Adult Lunch \$3.50

Monday

Tuesday

Wednesday

Thursday

Friday



6
 No School for Students!
 Teacher Workday!

7
 Chicken Patty on Bun
 PB&J Sandwich
 Salad Bar
 Baked Potato Bar
 "Coin" Carrots & Oven Fries
 Fresh Apple Slices
 Milk Choice

1
 No School!
 Winter Break!

8
 Homemade Chicken Noodle
 Soup & Grilled Cheese
 Sandwich
 PB&J Sandwich, Chef Salad
 Side Salad & Broccoli Florets
 Fresh Watermelon
 Milk Choice

2
 No School!
 Winter Break!

9
 Pancakes & Sausage Links
 P&J Sandwich
 Greek Salad Bar
 Baked Potato Bar
 Carrot Sticks & Hash Brown
 Baked Apples
 Milk Choice

3
 No School!
 Winter Break!

10
 Cheese Pizza
 PB&J Sandwich
 Chef Salad
 Sweet Peas & Tater Tots
 Fresh Orange Slices
 Milk Choice

13
 Chicken Nuggets & Roll
 PB&J Sandwich
 Chef Salad
 "Coin" Carrots & Oven Fries
 Fresh Apple Slices
 Milk Choice

14
 Beefy Tacos & Toppings
 PB&J Sandwich
 Salad Bar
 Baked Potato Bar
 "Fiesta" Corn & "Baja" Black Beans
 Fresh Pineapple
 Milk Choice

15
 Homemade Vegetable Beef
 Soup & Grilled Cheese
 Sandwich
 PB&J Sandwich & Chef Salad
 Spinach Salad & Carrot Sticks
 Fresh Watermelon
 Milk Choice

16
 Chicken Pasta
 PB&J Sandwich
 Caesar Salad Bar
 Baked Potato Bar
 Roasted Broccoli & Potato Wedges
 Fresh Strawberries
 Milk Choice

17
 Pepperoni French Bread Pizza
 PB&J Sandwich
 Chef Salad
 Cucumber Slices & Tater Tots
 Fresh Orange Slices
 Milk Choice

20
 No School!
 Martin Luther King Holiday!

21
 Chicken Tenders & Roll
 PB&J Sandwich
 Salad Bar
 Baked Potato Bar
 "Coin" Carrots & Oven Fries
 Fresh Apple Slices
 Milk Choice

22
 *Local Beef Burger on Bun
 PB&J Sandwich
 Chef Salad
 Green Beans & Mashed Potatoes
 Fresh Watermelon
 Milk Choice

23
 Beefy Mac
 PB&J Sandwich
 Fiesta Taco Salad Bar
 Baked Potato Bar
 Roasted Broccoli & Potato Wedges
 Fresh Strawberries
 Milk Choice

24
 Pizza Dippers & Marinara
 PB&J Sandwich
 Chef Salad
 Sweet Peas & Tater Tots
 Fresh Orange Slices
 Milk Choice

27
 Chicken Nuggets & Roll
 PB&J Sandwich
 Chef Salad
 "Coin" Carrots & Oven Fries
 Fresh Apple Slices
 Milk Choice

28
 Beefy Tacos & Toppings
 PB&J Sandwich
 Salad Bar
 Baked Potato Bar
 "Fiesta" Corn & "Baja" Black Beans
 Fresh Pineapple
 Milk Choice

29
 Tomato Soup &
 Grilled Cheese Sandwich
 PB&J Sandwich
 Chef Salad
 Side Salad & Carrot Sticks
 Fresh Watermelon
 Milk Choice

30
 Spaghetti & Bread Stick
 PB&J Sandwich
 Strawberry Salad Bar
 Baked Potato Bar
 Green Beans & Potato Wedges
 Baked Apples
 Milk Choice

31
 Cheese Pizza
 PB&J Sandwich
 Chef Salad
 Broccoli Florets & Tater Tots
 Fresh Orange Slices
 Milk Choice

"For more information on which menu items may contain allergens, please contact the cafeteria manager."

Apply for Free or Reduced meals at: <https://www.myschoolapps.com/Application>

"This institution is an equal opportunity provider."