

## Rappahannock County High School

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**5**  
 Sausage Biscuit  
 Cinnamon Roll  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**6**  
 Breakfast Wrap  
 Muffin  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**7**  
 Sausage Gravy/ Biscuit  
 Chicken & Cheese Croissant  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**1**  
 Breakfast Wrap  
 Pancakes  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**2**  
**NO SCHOOL**

**12**  
 Sausage Biscuit  
 Cinnamon Roll  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**13**  
 Breakfast Wrap  
 Muffin  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**14**  
 Sausage Gravy/ Biscuit  
 Chicken & Cheese Croissant  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**15**  
 Panther Sandwich  
 Pancakes  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**16**  
 Breakfast Pizza  
 Glazed Donut  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**19**  
 Sausage Biscuit  
 Cinnamon Roll  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**20**  
 Breakfast Wrap  
 Muffin  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**21**  
**Happy**

**22**  
**Thanksgiving!**



**26**  
 Sausage Biscuit  
 Cinnamon Roll  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**27**  
 Breakfast Wrap  
 Muffin  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**28**  
 Sausage Gravy/ Biscuit  
 Chicken & Cheese Croissant  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**29**  
 Panther Sandwich  
 Pancakes  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

**30**  
 Breakfast Pizza  
 Glazed Donut  
 Frudels & Parfait  
 Yogurts & Cereal Bars  
 Fresh Local Fruit & Canned Fruit  
 Fruit Juice & Milk

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