

Monday

Tuesday

Wednesday

Thursday

Friday



4
 Egg & Cheese Burrito
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

5
 French Toast Sticks
 Fresh Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

6
 Sausage Gravy & Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

7
 Glazed Doughnut
 Fresh Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

1
 Breakfast Pizza
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

11
 Sausage Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

12
 French Toast Sticks
 Fresh Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

13
 Sausage Gravy & Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

14
 Pancakes
 Fresh Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

8
 Breakfast Pizza
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

15
 Breakfast Pizza
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

18
 Egg & Cheese Burrito
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

19
 French Toast Sticks
 Fresh Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

20
 Sausage Gravy & Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

21
 Glazed Doughnut
 Fresh Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

22
 Breakfast Pizza
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

25
 Chicken Biscuit
 Bagel & Cream or String Cheese
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

26
 French Toast Sticks
 Fresh Fruit & Yogurt Parfait
 Cereal & Grahams
 Muffin & Yogurt
 Fresh Local Fruit
 Juice & Milk Choice

27
 No School ~
 Thanksgiving Holiday

28
 No School ~
 Thanksgiving Holiday

29
 No School ~
 Thanksgiving Holiday

"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."

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com

NOVEMBER 2019

Rappahannock County Elementary School

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

Monday

Tuesday

Wednesday

Thursday

Friday



Local Beef Burgers are from Rider's Backfield Farm in Etlan, Va.

Early Release ~ 12:00 pm
Bagged Lunch
 Turkey & Cheese Sandwich
 Carrot Sticks & Chips
 Apple Slices & Cookies
 Milk Choice

4
 Chicken Nuggets & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Fresh Apple Slices
 Milk Choice

5
"Taco Tuesday"
 Beefy Tacos & Toppings
 PB&J Sandwich
 Salad Bar, Baked Potato Bar
 Corn & Baja Black Beans
 Fresh Pineapple
 Milk Choice

6
"Watermelon Wednesday"
Local Beef Burger on Bun
 PB&J Sandwich
 Chef Salad
 Green Beans & Sweet Potatoes
 Fresh Watermelon
 Milk Choice

7
 Pancakes & Sausage Links
 PB&J Sandwich
 Greek Salad Bar
 Baked Potato Bar
 Hash Brown & Carrot Sticks
 Baked Apples
 Milk Choice

8
"Fresh Fruit Friday"
 Pepperoni French Bread Pizza
 PB&J Sandwich
 Chef Salad
 Fresh Broccoli Florets & Tater Tots
 Fresh Orange Slices
 Milk Choice

11
 Chicken Tenders & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Fresh Apple Slices
 Milk Choice

12
 Beefy Nachos
 PB&J Sandwich
 Salad Bar, Baked Potato Bar
 Corn & Baja Black Beans
 Fresh Pineapple
 Milk Choice

13
"Watermelon Wednesday"
 Chicken Patty on Bun
 PB&J Sandwich
 Chef Salad
 Green Beans & Sweet Potatoes
 Fresh Watermelon
 Milk Choice

14
 Chicken Pasta
 PB&J Sandwich
 Caesar Salad Bar
 Baked Potato Bar
 Roasted Broccoli & Potato Wedges
 Fresh Strawberries
 Milk Choice

15
"Fresh Fruit Friday"
 Pizza Dippers & Marinara
 PB&J Sandwich
 Chef Salad
 Fresh Cucumber Slices & Tater Tots
 Fresh Orange Slices
 Milk Choice

18
 Chicken Nuggets & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Fresh Apple Slices
 Milk Choice

19
"Taco Tuesday"
 Beefy Tacos & Toppings
 PB&J Sandwich
 Salad Bar, Baked Potato Bar
 Corn & Baja Black Beans
 Fresh Pineapple
 Milk Choice

20
"Watermelon Wednesday"
 Ham Melt on Bun
 PB&J Sandwich
 Chef Salad
 Carrot Sticks & Potato Wedges
 Fresh Watermelon
 Milk Choice

21
Thanksgiving Lunch ~
Thankful Turkey & Gravy Open
Faced Sandwich
Gobble Green Beans &
Mayflower Mashed Potatoes &
Gravy, Pilgrim Pumpkin Pie
Mayflower Milk

22
"Fresh Fruit Friday"
 Cheese Pizza
 PB&J Sandwich
 Chef Salad
 Fresh Broccoli Florets & Tater Tots
 Fresh Orange Slices
 Milk Choice

25
 Chicken Tenders & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Fresh Apple Slices
 Milk Choice

26
 Beefy Mac
 PB&J Sandwich
 Chef Salad
 Corn & Green Beans
 Fresh Pineapple
 Milk Choice

27
No School ~
Thanksgiving Holiday



28
No School ~
Thanksgiving Holiday



29
No School ~
Thanksgiving Holiday



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