

# October 2017 Rappahannock County Elementary School

## BREAKFAST



Student Breakfast \$1.30  
 Reduced Student Breakfast \$ .30  
 Adult Breakfast \$2.30



October 2-6 is Virginia Farm-to-School Week!  
 We will be offering tasty, local foods.  
 October 9-13 is National School Lunch Week!



### Monday

**2**  
 Egg & Cheese Burrito  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**9**  
 Chicken Biscuit  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**16**  
 Egg & Cheese Burrito  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**23**  
 Sausage Biscuit  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**30**  
 Egg & Cheese Burrito  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

### Tuesday

**3**  
 French Toast Sticks  
 Glazed Doughnut  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**10**  
 French Toast Sticks  
 Glazed Doughnut  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**17**  
 French Toast Sticks  
 Glazed Doughnut  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**24**  
 French Toast Sticks  
 Glazed Doughnut  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**31**  
 French Toast Sticks  
 Glazed Doughnut  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

### Wednesday

**4**  
 Sausage Gravy & Biscuit  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**11**  
 Sausage Gravy & Biscuit  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**18**  
 Sausage Gravy & Biscuit  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**25**  
 Sausage Gravy & Biscuit  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk



### Thursday

**5**  
**NO SCHOOL!**

**12**  
 Fruit & Yogurt Parfait  
 Glazed Doughnut  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**19**  
 Cinnamon Nachos & Fruit  
 Pancakes  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**26**  
 Fruit & Yogurt Parfait  
 Glazed Doughnut  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

### Friday

**6**  
 Breakfast Pizza  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**13**  
 Breakfast Pizza  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**20**  
 Breakfast Pizza  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk

**27**  
 Breakfast Pizza  
 Bagel & Cream/String Cheese  
 Cereal & Grahams  
 Muffin & Yogurt  
 Fresh Fruit, Juice & Milk



# October 2017 Rappahannock County Elementary School

## LUNCH



Student Lunch \$1.95  
 Reduced Student Lunch \$ .40  
 Adult Lunch \$3.50



October 2-6 is Virginia Farm-to-School Week!  
 We will be offering tasty, local foods.  
 October 9-13 is National School Lunch Week!



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Chicken Tenders & Roll **2**  
 PB&J Sandwich  
 Chef Salad  
 Carrots & Oven Fries  
 Banana & Milk

Tacos & L/T/C Cup **3**  
 PB&J Sandwich  
 Chef Salad  
 Corn & Black Beans  
 Pineapple & Milk

LOCAL Beef Burgers from **4**  
*Rider's Backfield Farm Beef*  
 PB&J Sandwich  
 Chef Salad  
 Roasted LOCAL Sweet Potatoes  
 from *Waterpenny Farm*  
 Green Beans, Apple Slices & Milk

**5**  
**NO SCHOOL!**

Cheese Pizza **6**  
 PB&J Sandwich  
 Chef Salad  
 Tater Tots & Broccoli Florets  
 Orange Slices & Milk

Chicken Nuggets & Roll **9**  
 PB&J Sandwich  
 Chef Salad  
 Green Beans & Sweet Potatoes  
 Apple Slices & Milk

Corn Dog **10**  
 PB&J Sandwich  
 Chef Salad  
 Oven Fries & Baked Beans  
 Strawberries & Milk

Chicken Patty on Bun **11**  
 PB&J Sandwich  
 Chef Salad  
 Corn & Roasted Broccoli  
 Fresh Fruit Cup & Milk

Ham & Cheese Sub **12**  
 PB&J Sandwich  
 Salad Bar  
 Potato Wedges & Carrot Sticks  
 Peach Slices & Milk

Pizza Dippers & Marinara **13**  
 PB&J Sandwich  
 Chef Salad  
 Tater Tots & Cucumbers Slices  
 Oranges Slices & Milk

Chicken Tenders & Roll **16**  
 PB&J Sandwich  
 Chef Salad  
 Carrots & Oven Fries  
 Apple Slices & Milk

Tacos & L/T/C Cup **17**  
 PB&J Sandwich  
 Chef Salad  
 Corn & Black Beans  
 Orange Slices

Cheeseburger **18**  
 PB&J Sandwich  
 Chef Salad  
 Green Beans & Sweet Potatoes  
 Grapes & Milk

Turkey, Bacon & Cheese Sub **19**  
 PB&J Sandwich  
 Taco Salad  
 Potato Wedges & Broccoli Florets  
 Fresh Fruit Cup & Milk

Cheese Pizza **20**  
 PB&J Sandwich  
 Chef Salad  
 Tater Tots & Carrot Sticks  
 Apple & Orange Slices & Milk

Chicken Nuggets & Roll **23**  
 PB&J Sandwich  
 Chef Salad  
 Green Beans & Sweet Potatoes  
 Banana & Milk

Corn Dog **24**  
 PB&J Sandwich  
 Chef Salad  
 Oven Fries & Baked Beans  
 Pineapple & Milk

Chicken Patty on Bun **25**  
 PB&J Sandwich  
 Chef Salad  
 Corn & Roasted Broccoli  
 Fruit Cup & Milk  
*Early Dismissal 12:00 pm*

Chicken Pasta **26**  
 PB&J Sandwich  
 Salad Bar  
 Carrots & Potato Wedges  
 Apple Slices & Milk

Pizza Dippers & Marinara **27**  
 PB&J Sandwich  
 Chef Salad  
 Tater Tots & Cucumber Slices  
 Orange Slices & Milk

Chicken Tenders & Roll **30**  
 PB&J Sandwich  
 Chef Salad  
 Carrots & Oven Fries  
 Apple Slices & Milk

Spaghetti & Breadstick **31**  
 PB&J Sandwich  
 Chef Salad  
 Side Salad & Green Beans  
 Oranges Slices & Milk

