

APRIL 2022

Rappahannock High School

Monday

Tuesday

Wednesday

Thursday

Friday

4
Sausage Biscuit
French Toast Sticks
Parfait
Cereal Bars
Fruit, Juice & Milk

5
Panther Sandwich
Cinnamon Roll
Parfait, Muffins
Cereal Bars
Fruits, Juice & Milk

6
Sausage Gravy with Biscuit
Parfait or Muffin
Cereal Bars
Fruits, Juice & Milk

7
Chicken Biscuit
Pancakes
Parfait, Muffins
Cereal Bars
Fruits, Juice & Milk

1
Sausage Gravy with Biscuit
Parfait or Muffin
Cereal Bars
Fruits, Juice & Milk

8
Breakfast Pizza
Glazed Donut
Parfait
Cereal Bars Muffin
Fruits, Juice & Milk

11
Sausage Biscuit
French Toast Sticks
Parfait
Cereal Bars
Fruit, Juice & Milk

12
Panther Sandwich
Cinnamon Roll
Parfait, Muffins
Cereal Bars
Fruits, Juice & Milk

13
Sausage Gravy with Biscuit
Parfait or Muffin
Cereal Bars
Fruits, Juice & Milk

14
Holiday

15
Holiday

18
Holiday

19
Panther Sandwich
Cinnamon Roll
Parfait, Muffins
Cereal Bars
Fruits, Juice & Milk

20
Sausage Gravy with Biscuit
Parfait or Muffin
Cereal Bars
Fruits, Juice & Milk

21
Chicken Biscuit
Pancakes
Parfait, Muffins
Cereal Bars
Fruits, Juice & Milk

22
Breakfast Pizza
Glazed Donut
Parfait
Cereal Bars Muffin
Fruits, Juice & Milk

25
Sausage Biscuit
French Toast Sticks
Parfait
Cereal Bars
Fruit, Juice & Milk

26
Panther Sandwich
Cinnamon Roll
Parfait, Muffins
Cereal Bars
Fruits, Juice & Milk

27
Sausage Gravy with Biscuit
Parfait or Muffin
Cereal Bars
Fruits, Juice & Milk

28
Chicken Biscuit
Pancakes
Parfait, Muffins
Cereal Bars
Fruits, Juice & Milk

29
Breakfast Pizza
Glazed Donut
Parfait
Cereal Bars Muffin
Fruits, Juice & Milk

This menu is subject to change due to availability.

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

This institution is an equal opportunity provider."

Monday

Tuesday

Wednesday

Thursday

Friday



Soft Shell Taco's **4**
 Refried Beans &
 Stewed Tomatoes
 Fresh & Canned Fruits
 Juice and Milk

Chicken Alfredo **5**
 Roll
 Broccoli & Peas
 Fresh & Canned Fruits
 Juice and Milk

Chili /Corn Muffin **6**
 Carrots & Corn
 Fresh & Canned Fruits
 Juice and Milk

Quesadilla **7**
 Side Salad &
 Fries
 Fresh & Canned Fruits
 Juice and Milk

Chicken Nuggets with **1**
 Roll
 Carrots & Broccoli
 Fresh & Canned Fruits
 Juice and Milk

Cheese Burger **11**
 Lettuce & Tomato
 Carrots & Mashed Potato
 Fresh & Canned Fruits
 Juice and Milk

Ranch Chicken Wrap **12**
 Green Beans &
 Sweet Potatoes
 Fresh & Canned Fruits
 Juice and Milk

Chicken Patty **13**
 Peas & Corn
 Fresh & Canned Fruits
 Juice and Milk

Holiday **14**

Chicken Tenders/ Roll **8**
 Sweet Potatoes &
 Broccoli
 Fresh & Canned Fruits
 Juice and Milk

Holiday **15**

Holiday **18**

Pizza **19**
 Green Beans & Peas
 Fresh & Canned Fruits
 Juice & Milk
NO Salads & Baked Potato

BBQ Chicken Sandwich **20**
 Fries & Baked Beans
 Fresh & Canned Fruits
 Juice and Milk

Turkey Bacon Cheese Sub **21**
 Lettuce & Tomato
 Corn & Spinach
 Fresh & Canned Fruits
 Juice and Milk

Chicken Nuggets with **22**
 Roll
 Carrots & Broccoli
 Fresh & Canned Fruits
 Juice and Milk

Cheese Burger **25**
 Cucumber Tomato Salad
 & Broccoli
 Fresh & Canned Fruits
 Juice and Milk

Ham & Cheese Sub **26**
 Lettuce & Tomato
 Fries & Peas
 Fresh & Canned Fruits
 Juice and Milk

Beefy Mac **27**
 Roll
 Carrots & Side Salad
 Fresh & Canned Fruits
 Juice and Milk

Pork BBQ Sandwich **28**
 Cole Slaw &
 Baked Beans
 Fresh & Canned Fruits
 Juice and Milk

Chicken Patty **29**
 Spinach & Sweet Potato
 Fresh & Canned Fruits
 Juice and Milk

Baked Potato and Salads and PB&J Sandwich

Will be served every day