



SEPTEMBER 2018

Rappahannock County Elementary School

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

Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day Holiday!

3

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

4

Sausage Gravy & Biscuit
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

5

Pancakes
Fruit & Yogurt Parfait
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

6

Breakfast Pizza
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

7

Chicken Biscuit
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

10

French Toast Sticks
Fruit & Yogurt Parfait
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

11

Sausage Gravy & Biscuit
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

12

Egg & Cheese Burrito
Glazed Doughnut
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

13

Breakfast Pizza
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

14

Professional Development Day!
No School for Students!

17

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

18

Sausage Gravy & Biscuit
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

19

Pancakes
Fruit & Yogurt Parfait
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

20

Breakfast Pizza
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

21

Sausage Biscuit
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

24

French Toast Sticks
Fruit & Yogurt Parfait
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

25

Sausage Gravy & Biscuit
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

26

Egg & Cheese Burrito
Glazed Doughnut
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

27

Breakfast Pizza
Bagel & Cream or String Cheese
Cereal & Grahams
Muffin & Yogurt
Fruit, Juice & Milk

28



"This institution is an equal opportunity provider."

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SEPTEMBER 2018

Rappahannock County Elementary School

Student Lunch \$2.05
 Reduced Student Lunch \$.40
 Adult Lunch \$3.50

Monday

Tuesday

Wednesday

Thursday

Friday

Labor Day
 Holiday!

3

Chicken Nuggets & Roll
 PB&J Sandwich
Salad Bar
 Sweet Peas & Oven Fries
Local Honeydew & Milk

4

Corn Dog
 PB&J Sandwich
 Chef Salad
 Baked Beans &
 Mashed Potatoes
 Pineapple & Milk

5

Turkey, Bacon & Cheese Sub
 PB&J Sandwich
Greek Salad Bar
 Potato Wedges &
 Roasted Broccoli
Local Watermelon & Milk

6

Pizza Dippers & Marinara
 PB&J Sandwich
 Chef Salad
 Tater Tots & Carrot Sticks
 Banana & Milk

7

Chicken Tenders & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Strawberries & Milk

10

"Taco Tuesday"
 Tacos & Lett/Ch/Tom Cup
 PB&J Sandwich
Salad Bar
 Corn & Baja Black Beans
 Pineapple & Milk

11

Chicken Patty on Bun
 PB&J Sandwich
 Chef Salad
 Green Beans & Sweet Potatoes
Local Apple Slices & Milk

12

Beef Stir Fry & Rice
 PB&J Sandwich
Strawberry Summer Salad Bar
 Potato Wedges &
 Roasted Broccoli
 Orange Slices & Milk

13

Cheese Pizza
 PB&J Sandwich
 Chef Salad
 Tater Tots & Cucumber Slices
 Banana & Milk

14

Professional Development Day!
 No School for Students!

17

Chicken Nuggets & Roll
 PB&J Sandwich
Salad Bar
 Sweet Peas & Oven Fries
 Cantaloupe & Milk

18

Cheeseburger on Bun
 PB&J Sandwich
 Chef Salad
 Sweet Potatoes &
 Roasted Broccoli
 Pineapple & Milk

19

Chicken Pasta
 PB&J Sandwich
Fiesta Taco Salad Bar
 Green Beans & Potato Wedges
Local Watermelon & Milk

20

Pepperoni French Bread Pizza
 PB&J Sandwich
 Chef Salad
 Tater Tots & Carrot Sticks
 Banana & Milk

21

Chicken Tenders & Roll
 PB&J Sandwich
 Chef Salad
 Carrots & Oven Fries
 Strawberries & Milk

24

Spaghetti & Bread Stick
 PB&J Sandwich
Salad Bar
 Side Salad & Green Beans
 Pineapple & Milk

25

Chicken Patty on Bun
 PB&J Sandwich
 Chef Salad
 Baked Beans &
 Mashed Potatoes
Local Apple Slices & Milk

26

Pancakes &
Local Sausage Links
 PB&J Sandwich
Caesar Salad Bar
 Hash Brown & Carrot Sticks
 Fresh Fruit Salad & Milk

27

Cheese Pizza
 PB&J Sandwich
 Chef Salad
 Tater Tots & Broccoli Florets
 Banana & Milk

28



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