

Riverhead Charter School April 2024 High School Lunch Menu

Alternate Lunches Available Daily: Turkey and Cheese on Whole Wheat Bread OR Cheese Sandwich on Whole Wheat Bread , Garden Salad, Fruit, 100% Fruit Juice, and Choice of Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1 SCHOOL CLOSED	2 Jamaican Brown Stew Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	3 Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta Steamed Broccoli Fresh Pear 100% Grape Juice	4 Chicken Strips w/ Cheese & Whole Grain Biscuit Vegetarian Baked Beans Fresh Apple 100% Grape Juice	5 Tony's Cheese Pizza Seasoned Green Beans Mandarin Orange Cup 100% Apple Juice
8 Turkey Sausage Patty Whole Grain Pancakes Syrup Tater Tots Fresh Apple 100% Grape Juice	9 Chicken Tenders Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	10 Beef Meatballs Whole Wheat Penne Pasta Marinara Sauce Steamed Broccoli Fresh Pear 100% Grape Juice	11 BBQ Chicken Whole Grain Biscuit Vegetarian Baked Beans Fresh Apple 100% Apple Juice	12 Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Orange Cup 100% Apple Juice
15 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple 100% Grape Juice	16 Curry Chicken Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	17 Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta Steamed Broccoli Fresh Pear 100% Grape Juice	18 Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Orange Cup 100% Apple Juice	19 1/2 DAY- NO LUNCH SERVED
22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 SCHOOL CLOSED	25 SCHOOL CLOSED	26 SCHOOL CLOSED
29 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple 100% Grape Juice	30 Jamaican Brown Stew Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	<p>All Grain Products are Whole Grain</p> <p>No Pork Products on the Menu</p> <p>Menu selections may vary from those on the menu due to the continued related impact on production, distribution, and delivery.</p> <p>Please report any food allergy to the school nurse.</p>		

All Meals Include Choice of Milk (1/2 pint 1% White or 1/2 pint Non-fat Chocolate)