

## Riverhead Charter School May 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
<b>All Grain Products are Whole Grain</b>  <b>No Pork Products on the Menu</b>  <b>Menu selections may vary from those on the menu due to the continued related impact on production, distribution, and delivery.</b>  <b>Please report any food allergy to the school nurse.</b>		<b>1</b>  Beefed Up Italian Meat Sauce  Whole Wheat Penne Pasta  Steamed Broccoli  Fresh Pear  100% Grape Juice	<b>2</b>  Chicken Strips w/ Cheese & Whole Grain Biscuit  Vegetarian Baked Beans  Fresh Apple  100% Grape Juice	<b>3</b>  Tony's Cheese Pizza  Cabbage & Mixed Vegetables  Mandarin Orange Cup  100% Apple Juice
<b>6</b>  Turkey Sausage Patty Whole Grain Pancakes  Syrup Tater Tots Fresh Apple  100% Grape Juice	<b>7</b>  Chicken Tenders Brown Rice  Glazed Carrots Mixed Fruit Cup  100% Apple Juice	<b>8</b>  Beef Meatballs Whole Wheat Penne Pasta  Marinara Sauce Steamed Broccoli Fresh Pear  100% Grape Juice	<b>9</b>  BBQ Chicken Whole Grain Biscuit  Vegetarian Baked Beans Fresh Apple  100% Apple Juice	<b>10</b>  Tony's Cheese Pizza  Seasoned Green Beans Mandarin Orange Cup  100% Apple Juice
<b>13</b>  Chicken Nuggets Whole Grain Waffle  Syrup Tater Tots Fresh Apple  100% Grape Juice	<b>14</b>  Curry Chicken Brown Rice  Glazed Carrots Mixed Fruit Cup  100% Apple Juice	<b>15</b>  <b>1/2 DAY</b>  <b>NO LUNCH</b>	<b>16</b>  Honey Mustard Chicken Whole Grain Biscuit  Vegetarian Baked Beans Fresh Apple  100% Grape Juice	<b>17</b>  Tony's Cheese Pizza  Cabbage & Mixed Vegetables  Mandarin Orange Cup  100% Apple Juice
<b>20</b>  Turkey Sausage Patty Whole French Toast Sticks  Syrup Tater Tots Fresh Apple  100% Grape Juice	<b>21</b>  Sauteed Chicken Breast Brown Rice  Glazed Carrots Mixed Fruit Cup  100% Apple Juice	<b>22</b>  Beef Meatballs Whole Wheat Penne Pasta  Marinara Sauce Steamed Broccoli Fresh Pear  100% Grape Juice	<b>23</b>  Cheeseburger on a WG Bun  Vegetarian Baked Beans Fresh Apple  100% Apple Juice	<b>24</b>  <b>SCHOOL CLOSED</b>
<b>27</b>  <b>MEMORIAL DAY</b>  <b>SCHOOL</b>  <b>CLOSED</b>	<b>28</b>  <b>SCHOOL CLOSED</b>	<b>29</b>  Beefed Up Italian Meat Sauce  Whole Wheat Penne Pasta  Steamed Broccoli Fresh Pear  100% Grape Juice	<b>30</b>  Chicken Strips w/ Cheese & Whole Grain Biscuit  Vegetarian Baked Beans Fresh Apple  100% Grape Juice	<b>31</b>  Tony's Cheese Pizza  Cabbage & Mixed Vegetables  Mandarin Orange Cup  100% Apple Juice

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