

## Riverhead Charter School May 2024 Middle School Lunch Menu

**Alternate Lunches Available Daily: Turkey and Cheese on Whole Wheat Bread OR Cheese Sandwich on Whole Wheat Bread , Garden Salad, Fruit, 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	<b>2</b> Chicken Strips w/ Cheese & Whole Grain Dinner Roll  Vegetarian Baked Beans  Fresh Apple	<b>3</b> Tony's Cheese Pizza  Cabbage & Mixed Vegetables  Mandarin Orange Cup
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Turkey Sausage Patty Whole Grain Pancakes  Syrup Tater Tots Fresh Apple	Chicken Tenders Brown Rice  Glazed Carrots Mixed Fruit Cup	Beef Meatballs Whole Wheat Penne Pasta  Marinara Sauce Steamed Broccoli Fresh Pear	BBQ Chicken  Whole Grain Dinner Roll  Vegetarian Baked Beans Fresh Apple	Tony's Cheese Pizza  Seasoned Green Beans Mandarin Orange Cup
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Chicken Nuggets Whole Grain Waffle  Syrup Tater Tots Fresh Apple	Curry Chicken Brown Rice  Glazed Carrots Mixed Fruit Cup	<b>1/2 DAY</b>  <b>NO LUNCH</b>	Honey Mustard Chicken Whole Grain Dinner Roll  Vegetarian Baked Beans Fresh Apple	Tony's Cheese Pizza  Cabbage & Mixed Vegetables Mandarin Orange Cup
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Turkey Sausage Patty Whole Grain French Toast Sticks  Syrup Tater Tots Fresh Apple	Sauteed Chicken Breast Brown Rice  Glazed Carrots Mixed Fruit Cup	Beef Meatballs Whole Wheat Penne Pasta  Marinara Sauce Steamed Broccoli Fresh Pear	Cheeseburger on a WG Bun  Vegetarian Baked Beans Fresh Apple	<b>SCHOOL CLOSED</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>MEMORIAL DAY</b>  <b>SCHOOL</b>  <b>CLOSED</b>	<b>SCHOOL CLOSED</b>	Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta  Steamed Broccoli Fresh Pear	Chicken Strips w/ Cheese & Whole Grain Dinner Roll  Vegetarian Baked Beans Fresh Apple	Tony's Cheese Pizza  Cabbage & Mixed Vegetables Mandarin Orange Cup

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