

Riverhead Charter School June 2024 High School Lunch Menu
All Meals Include Choice of Milk (1/2 pint 1% White or 1/2 pint Non-fat Chocolate)

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.

All Grain Products are Whole Grain. No Pork Products on the Menu. Menu selections may vary from those on the menu due to the continued related impact on production, distribution, and delivery. Please report any allergies to the school nurse.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple 100% Grape Juice	4 Jamaican Brown Stew Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	5 Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta Steamed Broccoli Fresh Pear 100% Grape Juice	6 Chicken Strips w/ Cheese & Whole Grain Biscuit Vegetarian Baked Beans Fresh Apple 100% Grape Juice	7 Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Orange Cup 100% Apple Juice
10 Turkey Sausage Patty Whole Grain Pancakes Syrup Tater Tots Fresh Apple 100% Grape Juice	11 Chicken Tenders Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	12 Beef Meatballs Whole Wheat Penne Pasta Marinara Sauce Steamed Broccoli Fresh Pear 100% Grape Juice	13 BBQ Chicken Whole Grain Biscuit Vegetarian Baked Beans Fresh Apple 100% Apple Juice	14 Tony's Cheese Pizza Seasoned Green Beans Mandarin Orange Cup 100% Apple Juice
17 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple 100% Grape Juice	18 Curry Chicken Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	19 NO SCHOOL	20 Honey Mustard Chicken Whole Grain Biscuit Vegetarian Baked Beans Fresh Apple 100% Grape Juice	21 Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Orange Cup 100% Apple Juice
24 LAST DAY OF SCHOOL HALF DAY	25 HALF DAY	26 HALF DAY LAST DAY OF SCHOOL	27	28