

Riverhead Charter School June 2024 Middle 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, 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.

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