

Riverhead Charter High School November 2024 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.

No pork products on the menu. Please report any food allergy to the school nurse.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Oranges & Apple Juice
4 Turkey Sausage Patty Whole Grain Pancakes Syrup Tater Tots Fresh Apple & Grape Juice	5 1/2 Day	6 Lasagna w/ Ground Beef Whole Wheat Dinner Roll Green Beans Fresh Pear & Grape Juice	7 BBQ Chicken Whole Grain Biscuit Glazed Carrots Fresh Apple & Grape Juice	8 Tony's Cheese Pizza Steamed Broccoli Mandarin Oranges & Apple Juice
11 No School	12 Curry Chicken Brown Rice Black Beans Mixed Fruit & Apple Juice	13 Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta Steamed Broccoli Fresh Pear & Grape Juice	14 Whole Grain Chicken Alfredo w/ Whole Wheat Dinner Roll Seasoned Carrots Fresh Apple & Grape Juice	15 Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Oranges & Apple Juice
18 Turkey Sausage Patty Whole Grain French Toast Sticks Syrup Tater Tots Fresh Apple & Grape Juice	19 Sauteed Chicken Breast Brown Rice Glazed Carrots Mixed Fruit & Apple Juice	20 Beef Meatballs Whole Wheat Penne Pasta Marinara Sauce Steamed Broccoli Fresh Pear & Grape Juice	21 Cheeseburger on a WG Bun Vegetarian Baked Beans Fresh Apple & Grape Juice	22 1/2 Day
25 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple & Grape Juice	26 Chicken Whole Wheat Bread Slices Roasted Potatoes Green Beans Mixed Fruit & Apple Juice	27 1/2 Day	28 School Closed	29 School Closed