

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