

Riverhead Charter High School December 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
2 Turkey Sausage Patty Whole Grain Pancakes Syrup Tater Tots Fresh Apple & Grape Juice	3 Pesto Chicken Brown Rice Black Beans Mixed Fruit & Apple Juice	4 Lasagna w/ Ground Beef Whole Wheat Dinner Roll Green Beans Fresh Pear & Grape Juice	5 BBQ Chicken Whole Grain Biscuit Glazed Carrots Fresh Apple & Grape Juice	6 Tony's Cheese Pizza Steamed Broccoli Mandarin Oranges & Apple Juice
9 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple & Grape Juice	10 Curry Chicken Brown Rice Black Beans Mixed Fruit & Apple Juice	11 1/2 DAY	12 Whole Grain Chicken Alfredo w/ Whole Wheat Dinner Roll Glazed Carrots Fresh Apple & Grape Juice	13 Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Oranges & Apple Juice
16 Turkey Sausage Patty Whole Grain French Toast Sticks Syrup Tater Tots Fresh Apple & Grape Juice	17 Sauteed Chicken Breast Brown Rice Glazed Carrots Mixed Fruit & Apple Juice	18 Beef Meatballs Whole Wheat Penne Pasta Marinara Sauce Steamed Broccoli Fresh Pear & Grape Juice	19 Cheeseburger on a WG Bun Vegetarian Baked Beans Fresh Apple & Grape Juice	20 Tony's Cheese Pizza Seasoned Green Beans Mandarin Oranges & Apple Juice
23 SCHOOL CLOSED	24 SCHOOL CLOSED	25 SCHOOL CLOSED	26 SCHOOL CLOSED	27 SCHOOL CLOSED
30 SCHOOL CLOSED	31 SCHOOL CLOSED			