

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