

Riverhead Charter High School January 2025 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 SCHOOL CLOSED	2 BBQ Chicken Whole Grain Biscuit Glazed Carrots Fresh Apple & Grape Juice	3 Tony's Cheese Pizza Steamed Broccoli Mandarin Oranges & Apple Juice
6 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple & Grape Juice	7 Curry Chicken Brown Rice Black Beans Mixed Fruit & Apple Juice	8 Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta Steamed Broccoli Fresh Pear & Grape Juice	9 Whole Grain Chicken Alfredo w/ Whole Wheat Dinner Roll Glazed Carrots Fresh Apple & Grape Juice	10 Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Oranges & Apple Juice
13 Turkey Sausage Patty Whole Grain French Toast Sticks Syrup Tater Tots Fresh Apple & Grape Juice	14 Sauteed Chicken Breast Brown Rice Glazed Carrots Mixed Fruit & Apple Juice	15 1/2 Day	16 Cheeseburger on a WG Bun Vegetarian Baked Beans Fresh Apple & Grape Juice	17 Tony's Cheese Pizza Seasoned Green Beans Mandarin Oranges & Apple Juice
20 School Closed	21 Honey Lemon Chicken Whole Wheat Bread Slices (2) Roasted Potatoes Green Beans Mixed Fruit & Apple Juice	22 Salisbury Steak w/ Gravy Whole Grain Biscuit Mashed Potatoes Glazed Carrots Fresh Pear & Grape Juice	23 Chicken Strips w/ Creamy Mac & Cheese and Whole Grain Dinner Roll Vegetarian Baked Beans Fresh Apple & Grape Juice	24 Tony's Cheese Pizza Steamed Broccoli Mandarin Oranges & Apple Juice
27 Turkey Sausage Patty Whole Grain Pancakes Syrup Tater Tots Fresh Apple & Grape Juice	28 Pesto Chicken Brown Rice Black Beans Mixed Fruit & Apple Juice	29 School Closed	30 BBQ Chicken Whole Grain Biscuit Glazed Carrots Fresh Apple & Grape Juice	31 Tony's Cheese Pizza Steamed Broccoli Mandarin Oranges & Apple Juice