

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