

Riverhead Charter High School February 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
3	4	5	6	7
Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple & Grape Juice	Curry Chicken Brown Rice Black Beans Mixed Fruit & Apple Juice	Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta Steamed Broccoli Fresh Pear & Grape Juice	Whole Grain Chicken Alfredo w/ Whole Wheat Dinner Roll Glazed Carrots Fresh Apple & Grape Juice	HALF DAY
10	11	12	13	14
Turkey Sausage Patty Whole Grain French Toast Sticks Syrup Tater Tots Fresh Apple & Grape Juice	Sauteed Chicken Breast Brown Rice Glazed Carrots Mixed Fruit & Apple Juice	Beef Meatballs Whole Wheat Penne Pasta Marinara Sauce Steamed Broccoli Fresh Pear & Grape Juice	Cheeseburger on a WG Bun Vegetarian Baked Beans Fresh Apple & Grape Juice	Tony's Cheese Pizza Seasoned Green Beans Mandarin Oranges & Apple Juice
17	18	19	20	21
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
24	25	26	27	28
Turkey Sausage Patty Whole Grain Pancakes Syrup Tater Tots Fresh Apple & Grape Juice	Pesto Chicken Brown Rice Black Beans Mixed Fruit & Apple Juice	Lasagna w/ Ground Beef Whole Wheat Dinner Roll Green Beans Fresh Pear & Grape Juice	BBQ Chicken Whole Grain Biscuit Glazed Carrots Fresh Apple & Grape Juice	Tony's Cheese Pizza Steamed Broccoli Mandarin Oranges & Apple Juice