

Riverhead Charter Middle 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	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	HALF DAY
10	11	12	13	14
Turkey Sausage Patty Whole Grain French Toast Sticks Syrup Tater Tots Fresh Apple	Sauteed Chicken Breast Brown Rice Glazed Carrots Mixed Fruit Cup	Beef Meatballs Whole Wheat Penne Pasta Marinara Sauce Steamed Broccoli Fresh Pear	Cheeseburger on a WG Bun Vegetarian Baked Beans Fresh Apple	Tony's Cheese Pizza Seasoned Green Beans Mandarin Orange Cup
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	Pesto Chicken Brown Rice Black Beans Mixed Fruit Cup	Lasagna w/ Ground Beef Whole Wheat Dinner Roll Green Beans Fresh Pear	BBQ Chicken Whole Grain Dinner Roll Glazed Carrots Fresh Apple	Tony's Cheese Pizza Steamed Broccoli Mandarin Orange Cup