

Riverhead Charter School April 2025 Elementary 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 Chicken Tenders Whole Grain Biscuit Potato Wedges Vegetarian Baked Beans Mixed Fruit Cup	2 Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta Steamed Broccoli Fresh Pear	3 Whole Grain Chicken Alfredo Seasoned Carrots Fresh Apple	4 Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Orange Cup
7 Turkey Sausage Patty Whole Grain French Toast Sticks Syrup Tater Tots Fresh Apple	8 Sauteed Chicken Breast Brown Rice Glazed Carrots Mixed Fruit Cup	9 ☐ HALF DAY	10 Cheeseburger on a WG Bun Vegetarian Baked Beans Fresh Apple	11 Tony's Cheese Pizza Seasoned Green Beans Mandarin Orange Cup
14 HOLIDAY ☐	15 HOLIDAY ☐	16 HOLIDAY ☐	17 HOLIDAY	18 HOLIDAY
21 Turkey Sausage Patty Whole Grain Pancakes Syrup Tater Tots Fresh Apple	22 Pesto Chicken Brown Rice Black Beans Mixed Fruit Cup	23 Lasagna w/ Ground Beef Whole Wheat Dinner Roll Green Beans Fresh Pear	24 BBQ Chicken Whole Grain Dinner Roll Glazed Carrots Fresh Apple	25 ☐ HALF DAY
28 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple	29 Chicken Tenders Brown Rice Black Beans Mixed Fruit Cup	30 Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta Steamed Broccoli Fresh Pear		