

## Riverhead Charter High School April 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
	<b>1</b> Curry Chicken Brown Rice  Black Beans  Mixed Fruit & Apple Juice	<b>2</b> Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta  Steamed Broccoli  Fresh Pear & Grape Juice	<b>3</b> Whole Grain Chicken Alfredo w/ Whole Wheat Dinner Roll  Glazed Carrots  Fresh Apple & Grape Juice	<b>4</b> Tony's Cheese Pizza  Cabbage & Mixed Vegetables  Mandarin Oranges & Apple Juice
<b>7</b> Turkey Sausage Patty Whole Grain French Toast Sticks  Syrup Tater Tots Fresh Apple & Grape Juice	<b>8</b> Sauteed Chicken Breast  Brown Rice  Glazed Carrots Mixed Fruit & Apple Juice	<b>9</b> ☒  <b>HALF DAY</b>	<b>10</b> Cheeseburger on a WG Bun  Vegetarian Baked Beans Fresh Apple & Grape Juice	<b>11</b> Tony's Cheese Pizza  Seasoned Green Beans Mandarin Oranges & Apple Juice
<b>14</b>  <b>HOLIDAY</b>	<b>15</b>  <b>HOLIDAY</b>	<b>16</b> ☒  <b>HOLIDAY</b>	<b>17</b>  <b>HOLIDAY</b>	<b>18</b>  <b>HOLIDAY</b>
<b>21</b> Turkey Sausage Patty Whole Grain Pancakes  Syrup Tater Tots Fresh Apple & Grape Juice	<b>22</b> Pesto Chicken Brown Rice  Black Beans Mixed Fruit & Apple Juice	<b>23</b> Lasagna w/ Ground Beef Whole Wheat Dinner Roll  Green Beans Fresh Pear & Grape Juice	<b>24</b> BBQ Chicken Whole Grain Biscuit  Glazed Carrots Fresh Apple & Grape Juice	<b>25</b> ☒  <b>HALF DAY</b>
<b>28</b> Chicken Nuggets Whole Grain Waffle  Syrup Tater Tots Fresh Apple & Grape Juice	<b>29</b> Curry Chicken Brown Rice  Black Beans Mixed Fruit & Apple Juice	<b>30</b> Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta  Steamed Broccoli Fresh Pear & Grape Juice		