

**Riverhead Charter High School May 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> Whole Grain Chicken Alfredo w/ Whole Wheat Dinner Roll  Glazed Carrots  Fresh Apple & Grape Juice	<b>2</b> Tony's Cheese Pizza  Cabbage & Mixed Vegetables  Mandarin Oranges & Apple Juice
<b>5</b> Turkey Sausage Patty Whole Grain French Toast Sticks  Syrup Tater Tots Fresh Apple & Grape Juice	<b>6</b> Sauteed Chicken Breast  Brown Rice  Glazed Carrots Mixed Fruit & Apple Juice	<b>7</b> Beef Meatballs  Whole Wheat Penne Pasta  Marinara Sauce Steamed Broccoli Fresh Pear & Grape Juice	<b>8</b> Cheeseburger on a WG Bun  Vegetarian Baked Beans Fresh Apple & Grape Juice	<b>9</b> Tony's Cheese Pizza  Seasoned Green Beans Mandarin Oranges & Apple Juice
<b>12</b> Chicken Nuggets Whole Grain Waffle  Syrup Tater Tots Fresh Apple & Grape Juice	<b>13</b> Honey Lemon Chicken Whole Wheat Bread Slices (2)  Roasted Potatoes Green Beans Mixed Fruit & Apple Juice	<b>14</b> Salisbury Steak w/ Gravy  Whole Grain Biscuit  Mashed Potatoes Glazed Carrots Fresh Pear & Grape Juice	<b>15</b> Chicken Strips w/ Creamy Mac & Cheese and Whole Grain Dinner Roll  Vegetarian Baked Beans Fresh Apple & Grape Juice	<b>16</b> Tony's Cheese Pizza  Steamed Broccoli Mandarin Oranges & Apple Juice
<b>18</b> Turkey Sausage Patty Whole Grain Pancakes  Syrup Tater Tots Fresh Apple & Grape Juice	<b>20</b> Pesto Chicken Brown Rice  Black Beans Mixed Fruit & Apple Juice	<b>21</b> Lasagna w/ Ground Beef Whole Wheat Dinner Roll  Green Beans Fresh Pear & Grape Juice	<b>22</b> BBQ Chicken Whole Grain Biscuit  Glazed Carrots Fresh Apple & Grape Juice	<b>23</b> School Closed
<b>26</b> School Closed	<b>27</b> Curry Chicken Brown Rice  Black Beans Mixed Fruit & Apple Juice	<b>28</b> Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta  Steamed Broccoli Fresh Pear & Grape Juice	<b>29</b> Whole Grain Chicken Alfredo w/ Whole Wheat Dinner Roll  Glazed Carrots Fresh Apple & Grape Juice	<b>30</b> Tony's Cheese Pizza  Cabbage & Mixed Vegetables  Mandarin Oranges & Apple Juice