

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