

## Riverhead High School Lunch Menu February 2026

All Meals Include Choice of Milk (1/2 pint 1% White or 1/2 pint Non-fat Chocolate)

Alternate Cold Lunches Available Daily: Sandwich on Whole Wheat Bread (Turkey, Turkey and Cheese, or Cheese) , Garden Salad, Fruit, Juice, and Choice of Milk.

No pork products on the menu. Please report any food allergy to the school nurse.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Salisbury Steak Whole Wheat Bread  Winter Squash  Fresh Apple & Grape Juice	Grilled Chicken Brown Rice & Tortilla Strips Black Beans Shredded Lettuce, Salsa Cinnamon Applesauce & 100% Fruit Punch	Lasagna w/ Ground Beef Whole Wheat Dinner Roll  Green Beans Fresh Pear & Grape Juice	Tony's Cheese Pizza   Braised Kale Fresh Apple & Grape Juice	<b>1/2 Day No Lunch</b>
9	10	11	12	13
Chicken Nuggets Whole Grain French Toast Sticks  Syrup Tater Tots Fresh Apple & Grape Juice	Seasoned Ground Beef & Shredded Cheese  Whole Wheat Tortilla  Pinto Beans Taco Slaw Cinnamon Applesauce & 100% Fruit Punch	Turkey  Whole Wheat Bread  Dark Green Salad Fresh Pear	Stewed Beef  Brown Rice  Sweet Potatoes Fresh Apple & Grape Juice	Tony's Cheese Pizza   String Beans Cinnamon Applesauce & 100% Fruit Punch
16	17	18	19	20
<b>School Closed</b>  WINTER RECESS	<b>School Closed</b>  WINTER RECESS	<b>School Closed</b>  WINTER RECESS	<b>School Closed</b>  WINTER RECESS	<b>School Closed</b>  WINTER RECESS
23	24	25	26	27
Salisbury Steak Whole Wheat Bread  Winter Squash  Fresh Apple & Grape Juice	Grilled Chicken with Mac & Cheese  Soft Hero Bread  Mixed Vegetables Fresh Pear	Seasoned Ground Beef & Shredded Cheese Whole Wheat Tortilla  Pinto Beans Taco Slaw Cinnamon Applesauce	Jerk Burger with or without Cheese  Whole Wheat Bun  Braised Kale Fresh Apple & Grape Juice	Tony's Cheese Pizza   Tater Tots Cinnamon Applesauce & 100% Fruit Punch