

Riverhead Middle 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 & Cheese, or Cheese) , 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
2	3	4	5	6
Salisbury Steak Whole Wheat Bread Winter Squash Fresh Apple	Grilled Chicken Brown Rice & Tortilla Strips Black Beans Shredded Lettuce, Salsa Cinnamon Applesauce	Lasagna w/ Ground Beef Whole Wheat Dinner Roll Green Beans Fresh Pear	Tony's Cheese Pizza Braised Kale Fresh Apple	1/2 Day No Lunch
9	10	11	12	13
Chicken Nuggets Whole Grain French Toast Sticks Syrup Tater Tots Fresh Apple	Seasoned Ground Beef & Shredded Cheese Whole Wheat Tortilla Pinto Beans Taco Slaw Cinnamon Applesauce	Turkey Whole Wheat Bread Dark Green Salad Fresh Pear	Stewed Beef Brown Rice Sweet Potatoes Fresh Apple	Tony's Cheese Pizza String Beans Cinnamon Applesauce
16	17	18	19	20
School Closed WINTER RECESS	School Closed WINTER RECESS	School Closed WINTER RECESS	School Closed WINTER RECESS	School Closed WINTER RECESS
23	24	25	26	27
Salisbury Steak Whole Wheat Bread Winter Squash Fresh Apple	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	Tony's Cheese Pizza Tater Tots Cinnamon Applesauce