

Riverhead Charter School 2025-26 Middle School Lunch Menu April 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 |
|---|---|--|--|----------------------|
| | | 1 | 2 | 3 |
| | | Tony's Cheese Pizza | School Closed | School Closed |
| | | Glazed Carrots | | |
| | | Fresh Pear | | |
| 6 | 7 | 8 | 9 | 10 |
| School Closed | School Closed | School Closed | School Closed | School Closed |
| 13 | 14 | 15 | 16 | 17 |
| Hamburger or Cheeseburger on a Whole Grain Bun | Seasoned Diced Chicken Breast w/ Shredded Cheese | Beef Meatball Hero | Jerk Chicken | Tony's Cheese Pizza |
| Oven Baked Fries | Brown Rice & Tortilla Strips | Marinara Sauce | Dark Green Salad | Glazed Carrots |
| Fresh Apple | Black Beans | Braised Kale | Whole Wheat Bread | Cinnamon Applesauce |
| | Shredded Lettuce, Salsa | Fresh Pear | Fresh Apple | |
| Cinnamon Applesauce | | | | |
| 20 | 21 | 22 | 23 | 24 |
| Chicken Nuggets | Seasoned Ground Beef & Shredded Cheese | Chicken Cutlet with Marinara & Cheese | Turkey and Cheese Sandwich on Whole Wheat | Tony's Cheese Pizza |
| Whole Grain French Toast Sticks | Whole Wheat Tortilla | Soft Hero Bread | | |
| Syrup | Pinto Beans | Mixed Vegetables | Braised Kale | Glazed Carrots |
| Tater Tots | Taco Slaw | Fresh Pear | Fresh Apple | Cinnamon Applesauce |
| Fresh Apple | Cinnamon Applesauce | | | |
| 27 | 28 | 29 | 30 | |
| Hamburger or Cheeseburger on a Whole Grain Bun | Grilled Chicken | Lasagna w/ Ground Beef | Brown Stewed Chicken | |
| Oven Baked Fries | Brown Rice & Tortilla Strips | Whole Wheat Dinner Roll | Brown Rice & Peas | |
| Fresh Apple | Black Beans | String Beans | Dark Green Salad | |
| | Shredded Lettuce, Salsa | Fresh Pear | Fresh Apple | |
| | Cinnamon Applesauce | | | |