Riverhead Charter Middle School Lunch Menu November 2026

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

Alternate Lunches Available Daily: Turkey, Turkey and Cheese, 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
2 Lasagna with Ground Beef Whole Wheat Sliced Bread Green Bean Salad Fresh Apple	**3** Sliced Turkey & Cheese Whole Wheat Bread Slices Cold Green Bean Salad Mixed Fruit Cup	**4** Oven Fried Chicken Breast Breast Whole Wheat Hamburger Bun Oven Baked Fries Fresh Pear	**5** Seasoned Ground Beef & Shredded Cheese Whole Wheat Sliced Bread Cold Broccoli Salad Fresh Apple	**6** Tony's Cheese Pizza on Whole Wheat Crust Glazed Carrots Mandarin Orange Cup
9 Seasoned Ground Beef & Shredded Cheese Whole Wheat Tortilla Pinto Beans, Taco Slaw Fresh Apple	**10** Chicken & Shredded Cheese Brown Rice Corn, Black Beans, Roasted Winter Squash Mixed Fruit Cup	**11** NO SCHOOL	**12** Oven Fried Chicken Breast Breast Enriched Hero Bread Oven Baked Fries Fresh Apple	**13** Tony's Cheese Pizza on Whole Wheat Crust Glazed Carrots Mandarin Orange Cup
16 Oven Fried Chicken Breast Breast Mac and Cheese, Whole Wheat Bread Roasted Sweet Potatoes Fresh Apple	**17** Hamburger or Cheeseburger Whole Wheat Hamburger Bun Oven Baked Fries Mixed Fruit Cup	**18** Grilled Chicken Breast Whole Wheat Bread Slices Dark Green Salad with Corn and Black Beans Fresh Pear	**19** Lasagna with Ground Beef Whole Wheat Sliced Bread Green Bean Salad Fresh Apple	**20** Tony's Cheese Pizza on Whole Wheat Crust Glazed Carrots Mandarin Orange Cup
23 Oven Fried Chicken Breast Mac and Cheese & Whole Wheat Bread Kale Fresh Apple	**24** Seasoned Ground Beef & Shredded Cheese Whole Wheat Tortilla Pinto Beans, Taco Slaw Mixed Fruit Cup	**25** 1/2 DAY - NO LUNCH	**26** NO SCHOOL	**27** NO SCHOOL
30 Shredded Ground Beef & Shredded Cheese Brown Rice Corn & Black Beans Fresh Apple				