






January 2012

Riverhead Charter School



Preferred Meal Systems, Inc.
preferredmealsystems.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
|  2 BUTTERMILK WAFFLES W/ SAUSAGE PATTY Pear Cup Apple Juice | 3 ROTINI PASTA BAKE Cut Green Beans Peach Cup Garlic Bread | 4 GRILLED BBQ CHICKEN FILLET Garden Vegetables Funky Fruit Punch Applesauce (all natural) Wrapped Hamburger Bun | 5 MEATLOAF W/TOMATO SAUCE Mashed Potatoes Pear Cup Wrapped Hamburger Bun | 6 CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Fruit Cup Orange Juice |
| 9 BUTTERMILK WAFFLES W/ SAUSAGE PATTY Pear Cup Apple Juice | 10 CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Mixed Fruit Cup Mini Pretzels | 11 CREAMY MACARONI AND CHEESE Green Garden Peas Pineapple Cup Soft Breadstick | 12 CHARBROILED HAMBURGER Maple Baked Beans Fresh Banana Wrapped Hamburger Bun | 13 TOASTED TURKEY HAM & CHEESE SANDWICH Baby Carrots Peach Cup |
|  16 I Have A Dream Martin Luther King, Jr. Day | 17 WHOLE GRAIN CHILI & CHEESE QUESADILLA Buttered Corn Blended Fruit Juice | 18 CRISPY CHICKEN FILLET (WHOLE GRAIN) Garden Vegetables Applesauce Cup Wrapped Hamburger Bun | 19 BAGEL DOG Potato Wedges Fresh Orange | 20 FRENCH BREAD CHEESE PIZZA Pear Cup Apple Juice |
| 23 TERIYAKI GLAZED CHICKEN W/BROWN RICE Cut Green Beans Apple-Cranberry Juice Soft Breadstick | 24 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Green Garden Peas Mixed Fruit Cup Garlic Bread | 25 BEAN & CHEESE BURRITO Buttered Corn Pear Cup | 26 ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Garden Vegetables Fresh Banana Wrapped Hamburger Bun | 27 Half Day No Lunch |
| 30 LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Orange Juice | 31 SLOPPY JOE Potato Rounds Pineapple Cup Wrapped Hamburger Bun | | |  |

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

***MENU SUBJECT TO CHANGE.



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