

Riverhead Charter School Elementary Lunch Menu



October Menu 2022

Grain Products are all Whole Grain	3 Lasagna Rolls Broccoli Apples	4 Salesbury Steaks Whole Wheat Rolls Peas & Carrots Bananas	5 Yom Kippur No School	6 Chicken Tenders Tater Tots /String Beans Sliced Whole Bread Bananas	7 Cheese Pizza (WG) Glazed Carrots Apples
No Pork Products On Menu All Meals are Cooked Daily	10 Columbus Day No School	11 Chicken Tenders Mac & Cheese (WW) String Beans Oranges	12 Beef Meatloaf Buttered Pasta (WW) Peas & Carrots Bananas	13 Non-Spicy Jerk Chicken Rice & Peas (BR) Steamed Broccoli Apples	14 Cheese Pizza (WG) Glazed Carrots Bananas
All Products Contains Zero Trans Fats, No Artificial Colors, Sweeteners, No High Fructose Corn Syrup	17 Rosemary Chicken Steamed Rice (BR) Steamed Broccoli Oranges	18 Sauteed Ground Beef Penne Pasta (WW) w/ Marinara Sauce Mixed Vegetables Mixed Fruit	19 Brown Stewed Chicken Mashed Potatoes String Beans Sliced Whole Bread Applesauce	20 Beef Meatloaf Yellow Rice Peas & Carrots Sliced Bread (WW) Pears	21 Cheese Pizza (WG) Glazed Carrots Bananas
Lunch Milk Choices 1% Milk Fat Free Milk Skim Chocolate Milk	24 Honey BBQ Chicken Fried Rice (BR) Mixed Vegetables Apples	25 Beef Hamburgers w/ Cheese Whole Wheat Rolls Broccoli Salad w/ Sweet Peppers Oranges	26 Chicken Tenders Mac & Cheese Peas & Carrots Sliced Bread (WW) Pears	27 Chicken Tenders Tater Tots String Beans Sliced Whole Bread Applesauce	28 Cheese Pizza (WG) Glazed Carrots Bananas
Please Report Any Food Allergy to Your School Nurse Menu selections may vary from those on the menu due to the continued related impact on production, distribution, and delivery	31 Roasted Chicken Steamed Rice (BR) Broccoli Pears				