

Riverhead Charter School Middle & High School Lunch Menu



October Menu 2022

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