


Riverhead Charter School May 2023 K-12 Lunch Menu

Grain Products are all Whole Grain					
No Pork Products On Menu All Meals are Cooked Daily	1 Sauteed Ground Beef Penne Pasta (WW) w/ Marinara Sauce Mixed Vegetables Mixed Fruit Choice of Milk	2 Turkey & Cheese Sandwiches Whole Wheat Bread Sliced Cucumbers/Green Leaf Lettuce Oranges Choice of Milk	3 Chicken Tenders Mac & Cheese (WW) String Beans Bananas Choice of Milk	4 BBQ Chicken Yellow Rice Whole Wheat Bread Steamed Broccoli w/ Sweet Peppers Applesauce Choice of Milk	5 Cheese Pizza (WG) Glazed Carrots Apples Choice of Milk
All Products Contains Zero Trans Fats, No Artificial Colors, Sweeteners, No High Fructose Corn Syrup	8 Brown Stewed Chicken Mashed Potatoes String Beans Sliced Whole Bread Applesauce Choice of Milk	9 Meatballs in Marinara Sauce Whole Wheat Rolls Mixed Vegetables Apples Choice of Milk	10 Chicken Tenders Mac & Cheese (WW) String Beans Mandarins Choice of Milk	11 Turkey & Cheese Sandwiches Whole Wheat Bread Sliced Cucumbers/Green Leaf Lettuce Oranges Choice of Milk	12 Cheese Pizza (WG) Glazed Carrots Apples Choice of Milk
Lunch Milk Choice Unflavored Low-Fat Milk 1% Flavored Fat Free Milk	15 BBQ Chicken Breast Whole Wheat Rolls Mixed Vegetables Apples Choice of Milk	16 Turkey & Cheese Sandwiches Whole Wheat Bread Sliced Cucumbers/Green Leaf Lettuce Oranges Choice of Milk	17 Half Day No Lunch Service	18 Sauteed Ground Beef Penne Pasta (WW) w/ Marinara Sauce Mixed Vegetables Mixed Fruit Choice of Milk	19 Cheese Pizza (WG) Glazed Carrots Apples Choice of Milk
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	22 Brown Stewed Chicken Mashed Potatoes String Beans Sliced Whole Bread Applesauce Choice of Milk	23 Turkey & Cheese Sandwiches Whole Wheat Bread Sliced Cucumbers/Green Leaf Lettuce Oranges Choice of Milk	24 Halal Beef Meatballs w/ Marinara Sauce Tatar Tots String Beans Whole Wheat Bread Mandarins Choice of Milk	25 BBQ Chicken Yellow Rice Whole Wheat Bread Steamed Broccoli w/ Sweet Peppers Applesauce Choice of Milk	26 Cheese Pizza (WG) Glazed Carrots Apples Choice of Milk
	29 Memorial Day	30 Chicken Tenders Mac & Cheese (WW) String Beans Choice of Milk Apples Choice of Milk	31 Halal Beef Meatballs w/ Marinara Sauce Tatar Tots String Beans Whole Wheat Bread Mandarins Choice of Milk		