Riverhead Charter School February 2024 High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
All Grain Products are Whole Grain **No Pork Products on the Menu** **Menu selections may vary from those on the menu due to the continued related impact on production, distribution, and delivery.** **Please report any food allergies to the School Nurse.**				**1** Tony's Cheese Pizza Seasoned Green Beans Mandarin Orange Cup 100% Apple Juice
4 Turkey Sausage Patty Whole Grain Pancakes Syrup Tater Tots Fresh Apple 100% Grape Juice	**5** Chicken Tenders Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	**6** Beef Meatballs Whole Wheat Penne Pasta Marinara Sauce Steamed Broccoli Fresh Pear 100% Grape Juice	**7** BBQ Chicken Whole Grain Biscuit Vegetarian Baked Beans Fresh Apple 100% Apple Juice	**8** Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Orange Cup 100% Apple Juice
11 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple 100% Grape Juice	**12** Curry Chicken Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	**13** **Professional Development** **1/2 Day**	**14** Honey Mustard Glazed Chicken Whole Grain Biscuit Vegetarian Baked Beans Fresh Apple 100% Apple Juice	**15** Tony's Cheese Pizza Seasoned Green Beans Mandarin Orange Cup 100% Apple Juice
18 Turkey Sausage Patty Sticks Syrup Tater Tots Fresh Apple 100% Grape Juice	**19** Sauteed Chicken Breast Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	**20** Beef Meatballs Whole Wheat Penne Pasta Marinara Sauce Steamed Broccoli Fresh Pear 100% Grape Juice	**21** Cheeseburger on a Whole Grain Bun Whole Grain Biscuit Vegetarian Baked Beans Fresh Apple 100% Apple Juice	**22** Tony's Cheese Pizza Cabbage & Mixed Vegetables Mandarin Orange Cup 100% Apple Juice
25 Chicken Nuggets Whole Grain Waffle Syrup Tater Tots Fresh Apple 100% Grape Juice	**26** Jamaican Brown Stew Brown Rice Glazed Carrots Mixed Fruit Cup 100% Apple Juice	**27** Beefed Up Italian Meat Sauce Whole Wheat Penne Pasta Steamed Broccoli Fresh Pear 100% Grape Juice	**28** Tony's Cheese Pizza Vegetarian Baked Beans Fresh Apple 100% Grape Juice	**29** **School Closed**

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

Alternate Lunches Available Daily: Turkey and Cheese on Whole Wheat Bread OR Cheese Sandwich on Whole Wheat Bread , Garden