




2009

January

Family Fit Lifestyle Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Lucky Tray Day 1/26 Buy Lunch and Enter for a Chance to win a Prize	Don't forget to check back of menu for info and specials	1 New Year's Day School Closed	2 Holiday Recess School Closed	More Info... Student Lunch \$2.00 Reduced Lunch \$.25 Adult Lunch \$3.50 2 nd Entrée \$1.50 Daily Alternate Lunch Selections are: PB&J, Cheese Sandwich, Danimal Yogurt Lunch, Bagel. Raw Vegetable Bar Available Daily Choice of Fresh, Dried, or canned Fruit or Juice and choice of milk included with lunch price. Milk \$.55 Ice Cream \$1.00 Small Chips \$.75 Large Chips \$1.00 *
5 Hamburger, Cheeseburger, or Veggie Burger on Whole Wheat Bun Tater Tots	6 Chicken Fingers Twisted Rice Steamed Carrots Or Caesar Salad, Plain or w/Chicken	7 Macaroni & Cheese Meltdown Tomato Soup w/Crackers Fresh Zucchini 	8 Nacho Platter (Nacho Chips, Taco Meat, Cheese, Salsa) Golden Corn	9 Reduced Fat Cheese Pizza On Whole Wheat Crust or Pepperoni Tossed Garden Salad	
12 Pizza Dippers w/Marinara Sauce Whole Wheat Dinner Roll, Mixed Vegetables	13 Chicken Fingers Twisted Rice Green Beans Or Caesar Salad, Plain or w/Chicken	14 Stuffed Shells (Pasta Shells stuffed w/ricotta cheese & Mozz), Italian Mixed Vegetables, Whole Wheat Dinner Roll	15 White Meat Chicken Patty/ Whole Wheat Bun w/lett & Tom Steamed Carrots Fruit Jello	16 French Bread Pizza or Pizza Slice w/side of Pasta Tossed Garden Salad	
19 Martin Luther King Jr. Day School Closed	20 Chicken Fingers Twisted Rice Mixed Vegetables Or Caesar Salad, Plain or w/Chicken	21 Whole Grain Rotini with Meatballs & Sauce or Marinara Sauce, Italian Bread Green Beans	22 Grilled Cheese w/Chicken Noodle Soup Broccoli Cuts Or Cobb Salad 	23 Reduced Fat Cheese Pizza On Whole Wheat Crust or Topped w/Roasted Vegetables Tossed Garden Salad	
26 Sloppy Joe on Whole Wheat Bun or Veggie Burger Roasted Potatoes 	27 Chicken Fingers Twisted Rice Golden Corn Or Caesar Salad, Plain or w/Chicken	28 Hard or Soft Shell Taco w/Taco Meat Black Beans Lettuce, Salsa, Cheese	29 Lunch for Lunch Pancakes w/Syrup Hash Browns Sausage Patty	30 Reduced Fat Cheese Pizza On Whole Wheat Crust or Pepperoni Tossed Garden Salad	

Putnam Valley Elementary School

Earn while your children learn! Call for details.
845 526-7847 ext. 1321

