

Lunch Menu

Putnam Valley Elementary School

January 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1



2 Chicken Nuggets
Ham & Cheese Sandwich **P**
With Brown Rice
Or Chickpea Salad
And Steamed Carrots
Sliced Peaches
Organic Applesauce

3 Cheeseburger
Ham & Cheese Sandwich **P**
Chicken Caesar Salad 🍷
Oven Baked Fries
With Baked Beans
And Side Garden Salad
Organic Applesauce
Sliced Peaches

4 Whole Grain Pancakes with
Sausage
With Syrup
Ham & Cheese Sandwich **P**
Chicken Caesar Salad 🍷
Crispy Potato Puffs
And Fresh Baby Carrots
With Sauteed Cinnamon
Apple Slices
Fresh Orange

5 Pepperoni Pizza **P**
Ham & Cheese Sandwich **P**
Chicken Caesar Salad 🍷
With Side Garden Salad
Or Cucumber Coins
Fresh Baby Carrots
Fresh Orange
Organic Applesauce

8 Two Cheese Quesadilla 🌱
With Salsa
Turkey & Cheese Sandwich
Crispy Chicken Garden
Salad 🍷
Yellow Rice
Fresh Baby Carrots
Mixed Vegetables
Diced Peach Cup
Apple Slices IW 100/2oz

9 Chicken Nuggets
Turkey & Cheese Sandwich
Crispy Chicken Garden
Salad 🍷
Oven Baked Fries
Glazed Carrots
Fresh Baby Carrots
Diced Peach Cup
Apple Slices IW 100/2oz

10 Pasta with Meat Sauce 🍷
Turkey & Cheese Sandwich
Crispy Chicken Garden
Salad 🍷
Fresh Baby Carrots
All With Steamed Broccoli
Or Side Garden Salad
Diced Peach Cup
Apple Slices IW 100/2oz

11 Crispy Tacos
Or Soft Tacos
Turkey & Cheese Sandwich
Crispy Chicken Garden
Salad 🍷
With Sweet Corn
And Confetti Black Bean
Salad
And Mild Salsa
Diced Peach Cup
Apple Slices IW 100/2oz

12 Cheese Pizza 🌱 🍷
Turkey & Cheese Sandwich
Crispy Chicken Garden
Salad 🍷
Or Side Garden Salad
And Diced Peach Cup
Apple Slices IW 100/2oz

15



16 Crispy Popcorn Chicken
All With BBQ Sauce
And Seasoned Rice
Baked Sweet Potatoes
Or Green Beans
Strawberry Cup
Ham & Cheese Sandwich **P**
Chicken Caesar Salad 🍷
Apple Slices IW 100/2oz

17 Cheeseburger
With Baked Beans
Oven Baked Fries
And Side Garden Salad
Or Strawberry Cup
Ham & Cheese Sandwich **P**
Chicken Caesar Salad 🍷
Apple Slices IW 100/2oz

18 Cinnamon French Toast 🌱
With Syrup
And Egg Patty
With Sauteed Cinnamon
Apple Slices
And Fresh Baby Carrots
Ham & Cheese Sandwich **P**
Chicken Caesar Salad 🍷
Apple Slices IW 100/2oz

19 Cheese Pizza 🌱 🍷
With Side Garden Salad
Or Cucumber Coins
Strawberry Cup
Ham & Cheese Sandwich **P**
Chicken Caesar Salad 🍷
Apple Slices IW 100/2oz

22 Grilled Cheese Sandwich **P**
Turkey & Cheese Sandwich
Buffalo Chicken Salad with
Dinner Rolls 🍷
Tomato Soup
Sweet Corn
Apple Slices IW 100/2oz

23 Crispy Chicken Sandwich
All With BBQ Sauce
Turkey & Cheese Sandwich
Buffalo Chicken Salad with
Dinner Rolls 🍷
Glazed Carrots
Baked Potato Wedges
Apple Slices IW 100/2oz

24 Pasta with Meat Sauce 🍷
With Grated Parmesan
Cheese
Turkey & Cheese Sandwich
Buffalo Chicken Salad with
Dinner Rolls 🍷
And Steamed Broccoli
Or Side Garden Salad
Apple Slices IW 100/2oz

25 Nachos Grande 🍷
Turkey & Cheese Sandwich
Buffalo Chicken Salad with
Dinner Rolls 🍷
Sweet Corn
Confetti Black Bean Salad
Mild Salsa
Apple Slices IW 100/2oz

26 Cheese Pizza 🌱 🍷
Turkey & Cheese Sandwich
Buffalo Chicken Salad with
Dinner Rolls 🍷
Side Garden Salad
Fresh Baby Carrots
Apple Slices IW 100/2oz

29 Cheesy Stuffed Bread
Sticks 🌱
Marinara Sauce Dip
Ham & Cheese Sandwich **P**
Or Crispy Chicken Garden
Salad 🍷
And Green Beans
And Fruit Salad
Apple Slices IW 100/2oz

30 Chicken Nuggets
Ham & Cheese Sandwich **P**
Crispy Chicken Garden
Salad 🍷
Brown Rice
Steamed Carrots
Fresh Baby Carrots
Chickpea Salad
Fruit Salad
Apple Slices IW 100/2oz

31 Mozzarella Stick & Chicken
Nugget Combo Meal 🍷
Turkey & Cheese Sandwich
Apple Slices IW 100/2oz
Crispy Chicken Garden
Salad 🍷
All With Steamed Broccoli
Or Side Garden Salad
Diced Peach Cup

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



Lunch Price is \$2.70 for paid meals and \$5.50 for Adult meals + tax.

All meal include: Entree, Vegetables, Fruit, Juice & Milk.

Allergies: please speak with the School Nurse

Questions: Please contact

Vegetarian 🌱, Gluten Free 🌾, Made With Natural Ingredients 🍷, Allergen Free 🚫, Hand and Cupped Fruit 🍏, Made With Organic Ingredients 🌱

Items Available Daily:

- Sunbutter & Jelly Sandwich on WG Bread, or American Cheese Sandwich on WG Bread
- Bagel Meal = WG Bagel, Yogurt Cup, Cream Cheese or Butter w. Cheese Stick
- 100% Fruit Juice - 4oz
- Choice of Hormone/ Antibiotic Free Milk in 1%, Skim or Fat Free Chocolate Milk

Hand and Cupped Fruit

Side Salad or Bagged, Uncooked Vegetable

Breakfast Menu

Putnam Valley Elementary School

January 2024

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Monday

Tuesday

Wednesday


Thursday

Friday


1



2 Strawberry Pop Tart
Or
Brown Sugar
Cinnamon Pop Tart

3 WW Honey Bun 

4 Egg and Cheese
Sandwich 

5 Apple Strudel 

8 Blueberry Muffin 
Or WG Cherry Muffin 
Or Chocolate Chip
Muffin 

Muffin Monday!


9 Strawberry Pop Tart
Or
Brown Sugar
Cinnamon Pop Tart

10 Mini Cinnamon Rolls 


11 Sausage, Egg and
Cheese Sandwich


12 Mini Cinnamon Rolls 

15



16 Strawberry Pop Tart
Or
Brown Sugar
Cinnamon Pop Tart

17 WW Honey Bun 

18 Egg and Cheese
Sandwich 

19 Apple Strudel 

22 Blueberry Muffin 
Or WG Cherry Muffin 
Or Chocolate Chip
Muffin 

Muffin Monday!

23 Strawberry Pop Tart
Or
Brown Sugar
Cinnamon Pop Tart

24 Mini Cinnamon Rolls 


25 Bacon, Egg and
Cheese Breakfast
Sandwich 

26 Mini Cinnamon Rolls 

29 Blueberry Muffin 
Or WG Cherry Muffin 
Or Chocolate Chip
Muffin 

Muffin Monday!

30 Strawberry Pop Tart
Or
Brown Sugar
Cinnamon Pop Tart

31 WW Honey Bun 

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Meal Pricing: Paid meal \$1.50
and adults \$3.00 + tax.

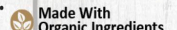
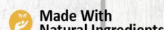
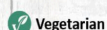
**** if your student qualifies for free/ reduced, they also qualify for free/ reduced breakfast ****

Questions: please
contact Sandra Renken at
renkens@whitsons.com

Additional Daily Offerings:

WG Bagel w. Cream Cheese or Butter
Assorted WG Cereals w. Cheese Stick or Graham
Cracker. Fresh hand or Cut fruit; 100 % Fruit Juice
and Milk (all milk is Antibiotic/ Hormone Free - 1%;
Skim and Fat Free Chocolate)

Reimbursable Meal: At least 4 components are
offered and **3 must be selected. A 1/2 fruit serving
must be selected.**



Attention 3rd and 4th Graders!!!!



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” –Margaret Mead

Mrs. Castellanos is looking for third and fourth graders to become the 2023-24 members of the *Kids of Character Club!*

This group of students will take our school's PVES Tiger P.R.I.D.E to the next level! They will meet regularly to not only discuss and support our school's Great Expectations, but also to put those tenets into action by leading the school's recycling efforts, collaborating to create educational multimedia projects, role-playing problem-solving and anti-bullying scenarios, and brainstorming ways to make our community a better place in which to live and learn!

- P - Problem Solvers
- R - Respectful and Responsible Citizens
- I - In Control and Safe at all times
- D - Determined
- E - Engaged in Learning

Students will acquire leadership skills, learn to collaborate with peers and community members, and become empowered and inspired to make our school a better place by helping others and being upstanders. This team of students will also work with the Character Education and Diversity

Committee to take part in Character Education events, and learn to be role models for outstanding citizenship and character.

If you are interested in becoming a member of this club, please fill out the attached form, and return it to the main office ASAP. Because there is a limit to the number of club members who may join. Mrs. Castellanos will contact applicants with a follow-up email explaining membership and club specifications.



Club Application

Hooray! You are ready to make a commitment to the team! Before you return this form, please discuss the following items with your parents.
(Please answer Y for YES, N for NO in the blanks.)

___ Do you always follow our school's PVES Tiger P.R.I.D.E and want to support others by helping them to be and do their best?

___ Are you free the following afternoons from 3:30-4:30 PM?

12/20	1/24	3/6	4/17	5/22
1/3	1/31	3/20	4/24	5/29
1/10	2/7	3/27	5/1	6/5
1/17	2/28	4/10	5/15	6/12

___ Will a parent/guardian pick you up **promptly at 4:30 PM** on meeting days?

___ Do you agree to have your photograph and/or video published and shared on our school website and/or for classroom use?

___ Are you ready to make a real difference in our school community and BEYOND?

If you've answered YES to ALL of the above items, please complete the bottom of this form and answer the questions below and return it to Mrs. Castellanos' mailbox in the main office ASAP.

Membership is limited!

Members will be notified on or before 12/15.

Using our school-wide initiative, P.R.I.D.E, give at least 2 examples of how your classroom, school or community can become:

- P - Problem Solvers
- R - Respectful and Responsible Citizens
- I - In Control and Safe at all times
- D - Determined
- E - Engaged in Learning

I can be respectful by _____

I can be a problem solver by _____

Below write a paragraph explaining why you would like to be a member of the Kids of Character Club:

NAME (please print): _____

Grade & Teacher: _____

Parent Email: _____

Phone #: _____

PVES 4TH GRADE T-SHIRT CONTEST

*CLASS OF 2032,
LIVE YOUR WILDEST DREAMS*

Once the artwork is submitted, the Spirit Committee will narrow down the artwork to 3 choices that the 4th Grade class will vote on. Their votes will decide the winning design! Any artwork not chosen may still be on display or incorporated into other 4th Grade events.

All designs must:

- Be on a regular sheet of paper (8.5x11)
- Be in black and white (no color) and must be hand drawn (no computer images)
- Include the theme “Live Your Wildest Dreams”
- Include our school mascot, the Tiger
- Be sent in PDF format to 4thgradespirit@gmail.com or submit it to your teacher
- Include PVES Class of 2032 in the design
- Be submitted by January 5, 2023



The PV PTA Presents Kindergarten Party in the Park

**THURSDAY, APRIL 18
5:30 - 7:30 PM**

**Let's get our kindergarteners
together for a party in the park!**

**Pack a picnic basket, and
enjoy a day of outdoor fun!**

Cost is \$5/family



**This is not a
drop off event!
Siblings welcome!**

Sign up here:

<https://bit.ly/pvptaevents>





**PUT ON YOUR
PJs AND JOIN
THE FUN!**

**FIRST GRADE
PAJAMA ICE CREAM
DANCE PARTY**

JANUARY 26

6:15 - 7:45 PM



PVES AUDITORIUM

This is not a drop off event

\$10 per student

This is for first graders only; no siblings permitted

Sign up here: <https://bit.ly/pvptaevents>





The PV PTA Presents 2nd Grade
BOWLING
Night



**FRIDAY
FEBRUARY 2**

**5:30PM-
7:30 PM**

\$20

**PER
STUDENT**

**INCLUDES
PIZZA,
SODA/WATER,
BOWLING &
SHOES**

Sign up here: <https://bit.ly/pvptaevents>

Note: this is not a drop off event; no siblings

Putnam Valley PTA Presents the

THIRD GRADE EVENT

Bowling

NIGHT

FRIDAY, APRIL 12

FROM 5:30-7:30PM

\$20 PER STUDENT

JV LANES

This is not a drop off event; no siblings allowed
Cost includes bowling, pizza, soda/water & shoes

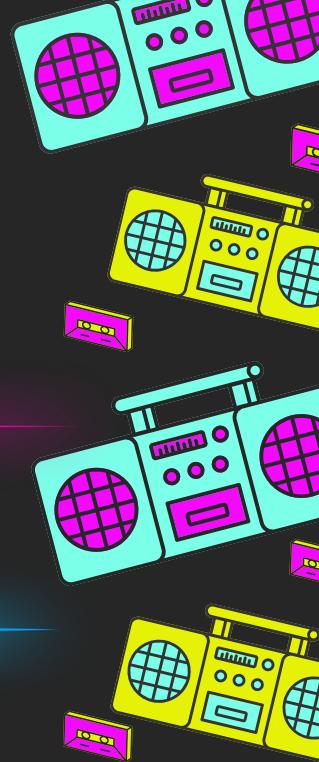
Sign up here: <https://bit.ly/pvptaevents>



The PV PTA presents:

4TH GRADE GLOW UP PARTY

Friday, March 8 from
6:30 - 8:30 PM



➡ This is not a drop off event; no siblings permitted

➡ \$15 per student

➡ Please wear a white shirt that will get messy!

Sign up here: <https://bit.ly/pvptaevents>





PUTNAM VALLEY PARKS & RECREATION

SCIENCE

PVES - K-4TH GRADE

WITH DAVE

THURSDAYS

8:00AM - 8:45AM
JAN. 11TH - MARCH 7TH

OR


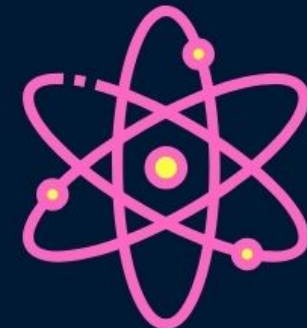
FRIDAYS

3:30PM-4:30PM
JAN. 12TH - MARCH 8TH

\$200/CHILD

*PLEASE NOTE WHICHEVER
SESSION YOU REGISTER FOR IS
THE SESSION YOU CHILD MUST
ATTEND. YOUR CHILD CANNOT
ALTERNATE SESSIONS EACH
WEEK*

CALLING ALL YOUNG & EAGER SCIENTIST! JOIN US
FOR A SUPER FUN, HANDS ON PROGRAM!
SCIENCE ACTIVITIES WILL INCLUDE FLYING DEVICES,
SMOKE RINGS, EXPERIMENTATION WITH ENERGY OF
ALL KINDS! EVERY SESSION WILL INCLUDE 2-4 NEW
EXPERIMENTS. WE MIGHT EVEN LAUNCH A HOT AIR
BALLOON! SCIENCE DAVE IS EXCITED TO TEACH
YOU SOME REALLY COOL STUFF, SOME OF WHICH
YOU CAN TAKE HOME & EXPERIMENT WITH THERE!



REGISTER & PAY BY JANUARY 5TH - WWW.PVPR.COM - (845)526-3292

PUTNAM VALLEY PARKS & RECREATION

Art Class

ARTIST SERIES

MONDAYS

3:30PM-4:30PM

JANUARY 22ND - MARCH 4TH

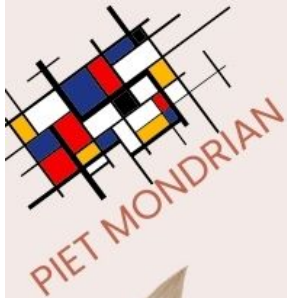
PVES - 1ST-4TH GRADE

\$150/CHILD

WE WILL EXPLORE DIFFERENT ART STYLES, TECHNIQUES, & MEDIUMS THROUGH FAMOUS ARTISTS WEEKLY ART PROJECTS. WE WILL DISCUSS THE ARTIST & ART HISTORY, WHICH GIVES THE STUDENTS AN APPRECIATION & CONNECTION WITH THEIR LOVE OF CREATING ART.



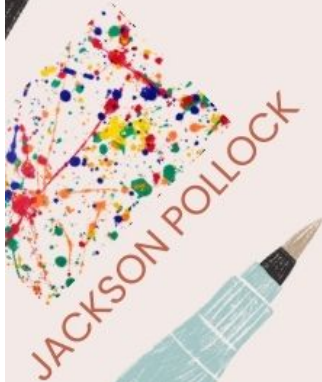
REGISTER & PAY BY JANUARY 15TH
WWW.PVPR.COM - (845)526-3292



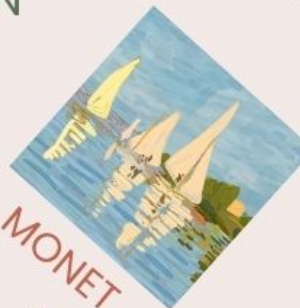
PIET MONDRIAN



PICASSO CUBIST



JACKSON POLLOCK



MONET



TAEKWONDO

Club



TUESDAYS

FEBRUARY 6TH - APRIL 23RD

8:00AM - 8:45AM

PVES GRADES K-4TH

\$200 PER CHILD

CHUNG MA'S TAEKWONDO WILL AGAIN BE OFFERING THEIR FUN & EXCITING TAEKWONDO CLUB FOR PVES STUDENTS. THIS PROGRAM WILL CONSIST OF LEARNING THE BASIC BLOCKS, KICKS & PUNCHES OF THE MARTIAL ART FOR ALL NEW STUDENTS & BROADENING THE KNOWLEDGE OF ALL REJOINING MEMBERS IN A SAFE FUN ATMOSPHERE. THESE TECHNIQUES WILL ENHANCE THE STUDENT'S PHYSICAL ABILITIES AS WELL AS THEIR CONFIDENCE, SELF-CONTROL, FOCUSING SKILLS, SELF-DEFENSE & POSITIVE ATTITUDE. THE INSTRUCTOR IS MASTER WAYNE DEROSA, 7TH DEGREE BLACK BELT AND NATIONAL & INTERNATIONAL CHAMPION.



REGISTER & PAY BY JANUARY 30TH

WWW.PVPR.COM - (845)526-3292

PUTNAM VALLEY PARKS & RECREATION

LOS TIGRES

SPANISH CLASS

TUESDAYS

JANUARY 16TH - FEBRUARY 27TH

3:30PM-4:30PM

K & 1ST GRADE PVES STUDENTS

\$150 PER STUDENT

*LEARN TO SPEAK SPANISH IN A FUN
WAY THROUGH GAMES, SONGS,
BOOKS & MORE!*



REGISTER & PAY BY JANUARY 11TH
WWW.PVPR.COM - (845)526-3292

