

# Lunch Menu

## Putnam Valley High School

February  
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

2 Santa Fe Quesadilla   
Or Crispy Chicken Garden Salad   
Homemade Deli Style Coleslaw  
Crispy Potato Puffs  
Baked Beans  
Fresh Orange  
Or Apple Slices

3 Or Crispy Popcorn Chicken   
Or Crispy Chicken Garden Salad   
Brown Rice  
Glazed Carrots  
Fresh Orange  
Or Apple Slices  
Pears

4 Homemade Pasta & Meatballs   
Or Cobb Salad   
Sautéed Spinach  
Garden Salad  
Or Fresh Fruit Cup  
Red Bell Peppers  
Strawberries  
Chicken Meatballs

5 Deli Bar  
Or Nacho Bar  
Yellow Rice  
Corn & Black Bean Salad  
Apple Slices  
Or Soft Tacos  
Or Cobb Salad   
And Salsa  
Watermelon Slices  
Butternut Squash  
Turkey Taco Meat

6 Deli Bar  
Or Apple Slices  
Or Mozzarella Sticks   
All With Marinara Sauce Dip  
Or Cobb Salad   
Sweet Potato Fries  
Or Balsamic Glazed Vegetables  
Or Caesar Salad  
Or Fresh Fruit Cup  
Pepperoni Pizza

9 Deli Bar  
Buffalo Chicken Tenders   
Or Chicken Caesar Salad   
Mashed Potatoes  
Green Beans  
Or Side Garden Salad  
Apple Slices  
Or Diced Peach Cup  
Whole Wheat Dinner Roll

10 Deli Bar  
Or Sweet & Sour Chicken  
Sauce & Toss  
Or Chicken Caesar Salad   
Hawaiian Pineapple Fried  
Rice  
Roasted Vegetables  
Diced Peach Cup  
Or Apple Slices  
Cherry Tomatoes  
Watermelon Slices

11 Deli Bar  
Or Wing Shack BBQ Style  
Chicken Wings  
Wing Shack Classic Buffalo  
Chicken Wings  
Or Chicken Caesar Salad   
Side Garden Salad  
Carrot Sticks  
Celery  
Diced Peach Cup  
Or Apple Slices  
Brown Rice  
Cucumber Slices

12 Deli Bar  
All With Nachos Grande   
Or Chicken Caesar Salad   
Sweet Corn  
Or Seasoned Black Beans  
Diced Peach Cup  
Fresh Blueberries  
Or Apple Slices  
Red Seedless Grapes  
Turkey Taco Meat

13 Deli Bar  
Cheesy Stuffed Bread  
Sticks   
With Marinara Sauce Dip  
Or Chicken Caesar Salad   
Roasted Broccoli  
Or Side Garden Salad  
Apple Slices  
Or Diced Peach Cup  
BBQ Chicken Pizza   
Sweet Potato Fries

16 WINTER  
RECESS  
THIS WEEK  
2/16-2/20

17 All students are eligible for One free breakfast and lunch each school day. Snacks, extra portions, second meals, second entrees, and second beverages will be available for purchase. Students MUST have a positive balance to purchase any snack, seconds or extras. Easiest way to pay: MySchoolBucks.com

18

19

20 WINTER  
RECESS  
THIS WEEK  
2/16-2/20

23 Deli Bar  
Or Wing Shack BBQ Style  
Chicken Wings  
Wing Shack Classic Buffalo  
Chicken Wings  
Or Chicken Caesar Salad   
Side Garden Salad  
Carrot Sticks  
Celery  
Diced Peach Cup  
Or Apple Slices  
Whole Wheat Dinner Roll  
Zucchini Sticks

24 Deli Bar  
Or Cobb Salad   
Cheeseburger  
Indian Spiced Rice  
Indian Spiced Vegetables  
Or Roasted Garlic  
Cauliflower  
Fresh Pear  
Or Apple Slices  
Chili Roasted Garbanzo  
Beans  
Pears

25 Deli Bar  
Homemade Pasta & Meatballs   
Or Cobb Salad   
Sautéed Spinach  
Garden Salad  
Apple Slices  
Or Fresh Fruit Cup  
Strawberries  
Chicken Meatballs

26 Deli Bar  
Or Soft Tacos  
Or Cobb Salad   
And Salsa  
Yellow Rice  
Or Corn & Black Bean Salad  
Apple Slices  
Watermelon Slices  
Refried Beans  
Turkey Taco Meat

27 Deli Bar  
Or Mozzarella Sticks   
All With Marinara Sauce Dip  
Or Cobb Salad   
Sweet Potato Fries  
Or Balsamic Glazed Vegetables  
Or Caesar Salad  
Apple Slices  
Or Fresh Fruit Cup  
Meatball Pizza

View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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. If you have a food allergy, or intolerance, please notify us.

\*\*\*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.



Vegetarian

Made With Natural Ingredients

P Pork

Smart Choice

Made With Organic Ingredients

Should you have  
questions Please  
contact: Food Servi  
ce 845-526-7847 x  
132 Adult Lunch  
\$5.22+tax

**Note:** A full student lunch includes a grain, protein, fruit, veggie, Students  
must take at minimum three (3) out of the five food groups. Fruit and/ or vegetable must be one of the food

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eligible for One free breakfast and lunch each school day.  
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and second beverages will be available for purchase.

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# Breakfast Menu

## Putnam Valley High School

February  
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

### Monday

2 Apple Strudel   
Or Mini Cinnamon Pull Apart Roll   
Or Chocolate Chip Muffin   
Or Egg and Cheese Sandwich   
Or Sausage, Egg & Cheese Burrito\*

### Tuesday

3 WW Honey Bun   
Or Apple Strudel   
Or Mini Cinnamon Pull Apart Roll   
Or Bacon, Egg and Cheese Breakfast Sandwich   
Or Egg and Cheese Sandwich

### Wednesday

4 Homemade Waffles   
With Syrup  
Or Chocolate Chip Muffin   
Or Egg and Cheese Sandwich   
**Waffle Wednesday!**

### Thursday

5 Whole Grain French Toast Slices   
With Syrup  
Or Mini Cinnamon Pull Apart Roll   
Or Egg and Cheese Sandwich   
Or Sausage and Cheese Sandwich

### Friday

6 Or Chocolate Chip Muffin   
Or Apple Strudel   
Or Sausage, Egg and Cheese Sandwich

**Donut Day!**

9 Apple Strudel   
Or Mini Cinnamon Pull Apart Roll   
Or Chocolate Chip Muffin   
Or Egg and Cheese Sandwich   
Or Sausage, Egg & Cheese Burrito\*

10 WW Honey Bun   
Or Apple Strudel   
Or Mini Cinnamon Pull Apart Roll   
Or Bacon, Egg and Cheese Breakfast Sandwich   
Or Egg and Cheese Sandwich

11 Homemade Waffles   
With Syrup  
Or Chocolate Chip Muffin   
Or Egg and Cheese Sandwich   
**Waffle Wednesday!**

12 Whole Grain French Toast Slices   
With Syrup  
Or Mini Cinnamon Pull Apart Roll   
Or Egg and Cheese Sandwich   
Or Sausage and Cheese Sandwich

13 Or Chocolate Chip Muffin   
Or Apple Strudel   
Or Egg and Cheese Sandwich

**Donut Day!**

16  
WINTER  
RECESS  
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For breakfast to be reimbursable/free meal at least four food items are offered. At least 3 of the 4 MUST be selected and 1/2 fruit serving and milk selected.

18  
19

20  
WINTER  
RECESS  
THIS WEEK  
2/26-2/20

23 Apple Strudel   
Or Mini Cinnamon Pull Apart Roll   
Or Chocolate Chip Muffin   
Or Egg and Cheese Sandwich   
Or Sausage, Egg & Cheese Burrito\*

24 WW Honey Bun   
Or Apple Strudel   
Or Mini Cinnamon Pull Apart Roll   
Or Bacon, Egg and Cheese Breakfast Sandwich   
Or Egg and Cheese Sandwich

25 Homemade Waffles   
With Syrup  
Or Egg and Cheese Sandwich   
Or Chocolate Chip Muffin   
**Waffle Wednesday!**

26 Whole Grain French Toast Slices   
With Syrup  
Or Mini Cinnamon Pull Apart Roll   
Or Egg and Cheese Sandwich   
Or Sausage and Cheese Sandwich

27 Or Homemade Muffins   
Or Egg and Cheese Sandwich   
**Donut Day!**

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Any questions regarding school meals, please contact: Food Service: 845-526-7847 ext 1321  
**Cost of Breakfast: Adults: \$3.49 + tax; Students: \$0.00**

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Pork

Smart Choice

Made With Organic Ingredients

WHAT IS A FREE MEAL? At least Four Components are offered at Breakfast. **Three MUST BE TAKEN**

**TO BE A REIMBURSABLE (FREE) MEAL.** One of these must be a 1/2 cup of Fruit or Vegetable. All students are eligible for One free breakfast and lunch each school day.

\*Chicken Sausage is on all Breakfast Sandwiches

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