

Lunch Menu

Putnam Valley High School

October
2025

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

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

NATIONAL SCHOOL LUNCH WEEK Oct 13-17!

Tuesday

Wednesday

Thursday

Friday

6 Deli Bar
Or Crispy Chicken Garden Salad 🍴
Homemade Deli Style Coleslaw
Crispy Potato Puffs
Baked Beans
Fresh Orange
Or Apple Slices

7 Deli Bar
Or Crispy Popcorn Chicken
Or Crispy Chicken Garden Salad 🍴
Brown Rice Pilaf
Glazed Carrots
Fresh Orange
Or Apple Slices

8 Deli Bar
Or NY Beef Burger with Bacon & Cheese P
With BBQ Sauce
Or Crispy Chicken Garden Salad 🍴
Sweet Potato Fries
Fresh Cucumber Salad
Green Beans
Fresh Orange
Or Apple Slices

9 Deli Bar
Or Crispy Tacos 🍴
Or Crispy Chicken Garden Salad 🍴
Yellow Rice
Corn & Black Bean Salad
Apple Slices
Or Fresh Orange
Turkey Taco Meat

10 Deli Bar
Or Homemade Mac & Cheese 🍴
Or Crispy Chicken Garden Salad 🍴
Sauteed Zucchini
Or Garden Salad
Fresh Orange
Or Apple Slices

13 Columbus Day
Cafeteria Closed

14 Deli Bar
Or Sweet & Sour Chicken Sauce & Toss
Or Chicken Caesar Salad 🍴
Hawaiian Pineapple Fried Rice
Roasted Vegetables
Diced Peach Cup
Or Apple Slices

15 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

16 Deli Bar
Or Nacho Bar
All With Nachos Grande 🍴
Or Chicken Caesar Salad 🍴
Sweet Corn
Or Seasoned Black Beans
Diced Peach Cup
Fresh Blueberries
Or Apple Slices
Turkey Taco Meat

17 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

20 Deli Bar
Or Buffalo Chicken Mac & Cheese 🍴
Or Cobb Salad 🍴
Steamed Broccoli
Celery
Apple Slices
Or Fresh Fruit Cup

21 Deli Bar
Chicken Gyro 🍴
Or Cobb Salad 🍴
Indian Spiced Rice
Indian Spiced Vegetables
Or Roasted Garlic Cauliflower
Fresh Pear
Or Apple Slices

22 Deli Bar
Homemade Pasta & Meatballs 🍴
Or Cobb Salad 🍴
Sauteed Spinach
Garden Salad
Apple Slices
Or Fresh Fruit Cup
Chicken Meatballs

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

24 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

27 Deli Bar
Homemade Pasta & Meatballs 🍴
Or Crispy Chicken Garden Salad 🍴
All With Steamed Broccoli
Or Garden Salad
Strawberry Cup
Or Apple Slices
Chicken Meatballs

28 With
Crispy Chicken Garden Salad 🍴
Crispy Potato Puffs
Glazed Carrots
Or Garden Salad
Strawberry Cup
Or Apple Slices

29 Chicken Parmesan
Flatbread 🍴
Or Garden Salad with Cheese Entree 🍴
Crispy Potato Puffs
Roasted Butternut Squash
Honeydew and Cantaloupe Cup

30 Crispy Tacos 🍴
Or Crispy Chicken Garden Salad 🍴
Yellow Rice
Corn & Black Bean Salad
Cherry Tomatoes
Apple Slices
Or Fresh Orange
Turkey Taco Meat

31 Homemade Mac & Cheese 🍴
Or Crispy Chicken Garden Salad 🍴
All With Steamed Broccoli
Or Garden Salad
Fresh Grapes
Fresh Orange
Or Apple Slices



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.

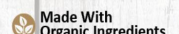
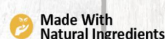
**Menu is subject to change, notice posted when available.

***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.



Should you have questions Please contact: Food Service 845-526-7847 x 132 Adult Lunch \$5.03+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** 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.



Breakfast Menu

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Monday

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NATIONAL SCHOOL LUNCH WEEK Oct 13-17!






1 Homemade Waffles  
With Syrup
Or Chocolate Chip Muffin 
Or Egg and Cheese Sandwich 

2 Yom Kippur
Cafeteria Closed

3 Or Chocolate Chip Muffin 
Or Egg and Cheese Sandwich 




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.




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

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

8 Homemade Waffles  
With Syrup
Or Chocolate Chip Muffin 
Or Egg and Cheese Sandwich 






Waffle Wednesday!

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

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

Donut Day!



13 Columbus Day
Cafeteria Closed

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






15 Homemade Waffles  
With Syrup
Or Chocolate Chip Muffin 
Or Egg and Cheese Sandwich 






Waffle Wednesday!

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

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

Donut Day!

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

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

22 Homemade Waffles  
With Syrup
Or Egg and Cheese Sandwich 
Or Chocolate Chip Muffin 






Waffle Wednesday!


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

24 Or Homemade Muffins 
Or Egg and Cheese Sandwich 

Donut Day!



27 Apple Strudel 
Mini Cinnamon Pull Apart Roll 
Bacon, Egg and Cheese Breakfast Sandwich 
Egg and Cheese Sandwich 
Chocolate Chip Muffin 

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

29 Homemade Waffles  
With Syrup
Or Egg and Cheese Sandwich 
Or Chocolate Chip Muffin 

Waffle Wednesday!

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

31 Or Chocolate Chip Muffin 
Or Apple Strudel 
Or Sausage, 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:
\$2.48 + tax; Students:
\$0.00

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

