## Lunch Menu

## **Putnam Valley High School**

#### WHITSONS FAMILY OF COMPANIES WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
1 Homemade Pasta & Meatballs (**) Or Cobb Salad (**) Sauteed Spinach Garden Salad Apple Slices Or Fresh Fruit Cup Chicken Meatballs	Perb Roasted Chicken Or Chicken Caesar Salad Mashed Potatoes Green Beans Or Side Garden Salad Apple Slices Or Diced Peach Cup	Deli Bar Chicken Parmesan Flatbread Or Garden Salad with Cheese Entree Crispy Potato Puffs Spicy Honey Carrots Fresh Cucumber Salad Honeydew and Cantaloupe Cup Or Apple Slices	A Deli Bar Or Nacho Bar Nachos Grande Or Garden Salad with Cheese Entree	Deli Bar Or Two Cheese Quesadilla Or Veggie Bean Quesadilla Or Garden Salad with Cheese Entree Crispy Potato Puffs Steamed Broccoli Sriracha Garbanzo Beans Honeydew and Cantaloupe
Deli Bar Or Crispy Chicken Garden Salad Homemade Deli Style Coleslaw Crispy Potato Puffs Baked Beans Fresh Orange Or Apple Slices Santa Fe Quesadilla	9 Deli Bar Or Crispy Popcorn Chicken Or Crispy Chicken Garden Salad  Brown Rice Pilaf Glazed Carrots Fresh Orange Or Apple Slices Pears	Deli Bar Or Apple Slices Homemade Pasta & Meatballs  Or Cobb Salad  Sauteed Spinach Garden Salad Or Fresh Fruit Cup Red Bell Peppers Strawberries Chicken Meatballs	Deli Bar Yellow Rice Corn & Black Bean Salad Apple Slices Or Soft Tacos Or Cobb Salad And Salsa Watermelon Slices Butternut Squash Turkey Taco Meat	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
Deli Bar Honeyfire Kitchen Chicken Tenders Or Chicken Caesar Salad Mashed Potatoes Green Beans Or Side Garden Salad Apple Slices Or Diced Peach Cup	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	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	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 Red Seedless Grapes Turkey Taco Meat	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 Sweet Potato Fries
Deli Bar Or Buffalo Chicken Mac & Cheese Or Cobb Salad Steamed Broccoli Celery Apple Slices Or Fresh Fruit Cup Zucchini Sticks	Deli Bar Chicken Gyro Or Cobb Salad Indian Spiced Rice Indian Spiced Vegetables Or Roasted Garlic Cauliflower Fresh Pear Or Apple Slices Watermelon Slices	HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS
HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS	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	
the web at www.FDMeal  *Consuming raw or under shellfish or eggs may ince	er cooked meat, poultry, seafood, crease your risk of food borne have certain medical conditions. tice posted od allergy, or il rights law ure (USDA) es, this	Should you have questions Please contact: Food Servi ce 845-526-7847 × 132 Adult Lunch \$5.22+tax	groups. Fruit and/ or vegeta eligible for One free breakfas Snacks, extra portions, sec	Students ree (3) out of the five food ble must be one of the food All students are st and lunch each school day, ond meals, second entrees, be available for purchase.

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.

# Breakfast Menu

## **Putnam Valley High School**

### WHITSONS FAMILY OF COMPANIES WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
Apple Strudel  Or Mini Cinnamon Pull Apart Roll  Or Chocolate Chip Muffin  Or Egg and Cheese Sandwich  Or Sausage, Egg & Cheese Burrito*	WW Honey Bun Or Apple Strudel Or Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Bacon, Egg and Cheese Breakfast Sandwich Or Egg and Cheese Sandwich Or Egg and Cheese	3 Homemade Waffles (?) With Syrup Or Chocolate Chip Muffin (?) Or Egg and Cheese Sandwich (?) Waffle Wednesday!	Whole Grain French Toast Slices With Syrup Or Mini Cinnamon Pull Apart Roll Or Egg and Cheese Sandwich	5 Or Chocolate Chip Muffin ( Or Egg and Cheese Sandwich (  Donut Day!
Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Chocolate Chip Muffin Or Egg and Cheese Sandwich Or Sausage, Egg & Cheese Burrito*	9 WW Honey Bun Or Apple Strudel Or Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Bacon, Egg and Cheese Breakfast Sandwich Or Egg and Cheese Sandwich	10 Homemade Waffles (*)  With Syrup Or Chocolate Chip Muffin (*) Or Egg and Cheese Sandwich (*)  Waffle Wednesday!	11 Whole Grain French Toast Slices With Syrup Or Mini Cinnamon Pull Apart Roll Or Egg and Cheese Sandwich Or Sausage and Cheese Sandwich	12 <sup>Or</sup> Chocolate Chip Muffin or Apple Strudel or Egg and Cheese Sandwich of Donut Day!
15 Apple Strudel  Or Mini Cinnamon Pull Apart Roll  Or Chocolate Chip Muffin  Or Egg and Cheese Sandwich  Or Sausage, Egg & Cheese Burrito*	Or Apple Strudel Or Apple Strudel Or Apple Strudel Or Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Bacon, Egg and Cheese Breakfast Sandwich Or Egg and Cheese Sandwich	17 Homemade Waffles (?)  With Syrup Or Chocolate Chip Muffin (?) Or Egg and Cheese Sandwich (?)  Waffle Wednesday!	18 Whole Grain French Toast Slices With Syrup Or Mini Cinnamon Pull Apart Roll Or Egg and Cheese Sandwich Or Sausage and Cheese Sandwich	19 <sup>Or</sup> Chocolate Chip Muffin ( Or Apple Strudel (?) Or Sausage, Egg and Cheese Sandwich
22 Apple Strudel  Or Mini Cinnamon Pull Apart Roll  Or Chocolate Chip Muffin  Or Egg and Cheese Sandwich  Or Sausage, Egg & Cheese Burrito*	23 WW Honey Bun Or Apple Strudel Or Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Bacon, Egg and Cheese Breakfast Sandwich Or Egg and Cheese Sandwich Or Egg and Cheese	HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS
29 HOLIDAY RECESS	30 HOLIDAY RECESS	31 HOLIDAY RECESS		
All students are eligible for One free to Snacks, extra portions, second meals beverages will be available for purchabalance to purchase any snack, second MySchoolBucks.com	second entrees, and second se. Students MUST have a positive		ursable/free meal at least fo be selected and 1/2 fruit serv	
the web at www.FDMeall  *Consuming raw or under shellfish or eggs may ince	er cooked meat, poultry, seafood, crease your risk of food borne have certain medical conditions. tice posted od allergy, or ill rights law are (USDA) es, this riminating on	Any questions regarding school meals, please contact: Food Service: 845-526-7847 ext 1321 Cost of Breakast: Adults: \$3.49 + tax; Students: \$0.00	these must be a 1/2 cu All students are eligible and lunch eac *Chicken Sausage is on	. Three MUST BE TAKEN LE (FREE) MEAL. One of p of Fruit or Vegetable. e for One free breakfast ch school day. all Breakfast Sandwiches

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