

# Lunch Menu

## Putnam Valley High School

April  
2025


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

### Monday




Students **MUST** have a positive balance to purchase any snack, seconds or extras.

Easiest way to pay: [MySchoolBucks.com](http://MySchoolBucks.com)

### Tuesday

1 Deli Bar  
Whole Grain Pancakes with Sausage  
Or Garden Salad with Cheese Entree    
Golden Baked Potato Wedges  
Sauteed Cinnamon Apple Slices  
Honeydew and Cantaloupe Cup







### Wednesday



2 Deli Bar  
Chicken Parmesan Over Pasta   
Or Garden Salad with Cheese Entree    
Pasta with Sauce  
Pasta with Butter  
Steamed Broccoli  
Or Garden Salad  
Honeydew and Cantaloupe Cup


### Thursday

3 Deli Bar  
Or Nacho Bar  
Crispy Tacos  
Or Garden Salad with Cheese Entree    
Corn & Black Bean Salad  
Honeydew and Cantaloupe Cup  
Or Apple Slices

### Friday



4 Deli Bar  
Or Two Cheese Quesadilla   
Or Veggie Bean Quesadilla     
Or Garden Salad with Cheese Entree    
Crispy Potato Puffs  
Glazed Carrots  
Sriracha Garbanzo Beans  
Honeydew and Cantaloupe

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

8 Deli Bar  
Or Crispy Popcorn Chicken  
Or Crispy Chicken Garden Salad   
**cheesy** Brown Rice Pilaf  
Glazed Carrots  
Fresh Orange  
Or Apple Slices

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

10 Deli Bar  
Or Crispy Tacos  
Or Crispy Chicken Garden Salad   
Yellow Rice  
Corn & Black Bean Salad  
Apple Slices  
Or Fresh Orange

11 Deli Bar  
Grilled Cheese Sandwich  
Meltdown Café   
Or Crispy Chicken Garden Salad   
Tomato Soup  
Crispy Potato Puffs  
All With Steamed Broccoli  
Or Garden Salad  
Fresh Orange





**Nat'l Grilled Chz Day!**

14 **SPRING BREAK!**  
**SCHOOL CLOSED**



16 Daily offerings include: Made to Order Deli, Rotating Deli Specials to include: Stromboli, Pepperoni Wheels, Chicken Quesadillas and Breaded Chicken & Cheese Panini; Pizza, Entrée Salads, Fresh or Cupped fruit, 100% fruit juice and 1%, FF, Chocolate or Strawberry (if available) milk. (all milk is antibiotic and hormone free). All breads are Whole Grain (WG). Taco Meat = Turkey; Sausage is Chicken; Hot Dogs = Beef.  
Cost of meal: Adults \$5.03 + tax; Students: \$0.00

21 **SPRING BREAK!**  
**SCHOOL CLOSED**

22 Deli Bar  
Chicken Gyro    
Or Cobb Salad    
Indian Spiced Rice  
Indian Spiced Vegetables  
Or Roasted Garlic Cauliflower  
Fresh Fruit Cup  
Or Apple Slices

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



24 Deli Bar  
Or Soft Tacos  
Or Cobb Salad    
With Iceberg Lettuce  
And Salsa  
Yellow Rice  
Or Corn & Black Bean Salad  
Apple Slices  
Or Fresh Fruit Cup

25 Deli Bar  
Or Wing Shack BBQ Style Chicken Wings  
Wing Shack Classic Buffalo Chicken Wings  
Cobb Salad    
Side Garden Salad  
Carrot Sticks  
Celery  
Fresh Fruit Cup  
Or Apple Slices

**In a Hurry? No time to wait? Pre-Order! See the bookmark on your laptop for a Pre-Order Lunch Form!**

28 Deli Bar  
Or Homemade Baked Pasta with Cheese    
Or Crispy Chicken Garden Salad   
All With Steamed Broccoli  
Or Garden Salad  
Strawberry Cup  
Or Apple Slices

29 Deli Bar  
Or Sweet & Sour Chicken Sauce & Toss  
Crispy Chicken Garden Salad   
Hawaiian Pineapple Fried Rice  
Roasted Vegetables  
Or Sweet Soy Cucumber Salad  
Diced Peach Cup  
Or Apple Slices

30 Deli Bar  
Meatball Hero   
Crispy Chicken Garden Salad   
Crispy Potato Puffs  
Peas and Carrots  
Or Garden Salad  
Strawberry Cup  
Or Apple Slices

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.

View this menu on the mobile app, [FDMealPlanner](http://FDMealPlanner.com), 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.

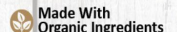
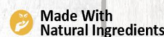
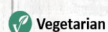
\*\*\*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or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



Should you have questions Please contact: Sandra Renken at: [renkens@whitsons.com](mailto:renkens@whitsons.com) or 845-526-7847 x 1321

**Note:** A full student lunch includes a grain, protein, fruit, veggie, and a choice of fat free or low-fat milk.

Students must take at minimum three (3) out of the five food groups. Fruit and/ or vegetable must be one of the food groups taken for a reimbursable meal.





# Breakfast Menu

Putnam Valley High School

April 2025

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






## Monday

## Tuesday

## Wednesday




## Thursday






## Friday

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






2 Homemade Waffles    
With Syrup  
Or Chocolate Chip Muffin   
**Or** Bacon, Egg and Cheese Breakfast Sandwich   
**Or** Egg and Cheese Sandwich 






**Waffle Wednesday!**

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

4 WG Glazed Donut    
Or WG Chocolate Glazed Donut   
Or Chocolate Chip Muffin   
**Or** Egg and Cheese Sandwich 

**Donut Day!**







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

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

9 Homemade Waffles    
With Syrup  
Or Chocolate Chip Muffin   
**Or** Bacon, Egg and Cheese Breakfast Sandwich   
**Or** Egg and Cheese Sandwich 

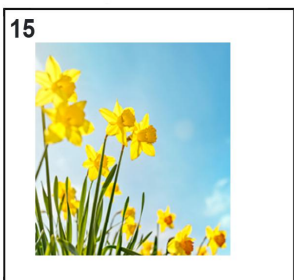
**Waffle Wednesday!**

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

11 WG Chocolate Glazed Donut   
Or WG Glazed Donut    
Or Chocolate Chip Muffin   
Or Apple Strudel   
**Or** Egg and Cheese Sandwich 

**Donut Day!**






14 **SPRING BREAK!**  
**SCHOOL CLOSED**



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](https://myschoolbucks.com)

**Cost of Breakfast: Adults: \$2.48 + tax; Students: \$0.00**






21 **SPRING BREAK!**  
**SCHOOL CLOSED**

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





23 Homemade Waffles    
With Syrup  
Or Bacon, Egg and Cheese Breakfast Sandwich   
Or Egg and Cheese Sandwich   
Or Chocolate Chip Muffin 






**Waffle Wednesday!**

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

25 WG Glazed Donut    
Or WG Chocolate Glazed Donut   
Or Homemade Muffins   
**Or** Egg and Cheese Sandwich 

**Donut Day!**

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

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

30 Homemade Waffles    
With Syrup  
Or Bacon, Egg and Cheese Breakfast Sandwich   
Or Egg and Cheese Sandwich   
Or Chocolate Chip Muffin 

**Waffle Wednesday!**

**Daily selections are:** WG Bagels, Muffins, Pop-Tarts & Asst'd Cereals w. Cheese stick or Graham Crackers, Yogurt Cup w. w.out Granola, Hand and Cupped Fruit, 100% Fruit Juice. Milk - 1%, FF Strawberry (if available) or FF Chocolate (Antibiotic & Hormone Free). WG = Whole Grain, Sausage = Chicken; Bacon = Pork. Gluten Free Bagels & Bread are available.

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.

\*\*\*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.



Any questions regarding school meals, please contact Sandra Renken: 845-526-7847 ext 1321 or [renkens@whitsons.com](mailto:renkens@whitsons.com)

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.

