

# Lunch Menu

## Putnam Valley High School

February  
2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

### Monday

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

### Tuesday

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

### Wednesday

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

### Thursday

**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

### Friday

**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 P 🍌

**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**  
  
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**19**  
  
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**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 🍌  
Sauteed 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 🍌

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\*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.

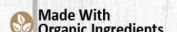
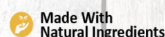
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\*\*\*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender 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 \$5.22+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 groups.** 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

Putnam Valley High School

February  
2026

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Apple Strudel  <b>Or</b> Mini Cinnamon Pull Apart Roll  <b>Or</b> Chocolate Chip Muffin  <b>Or</b> Egg and Cheese Sandwich  <b>Or</b> Sausage, Egg & Cheese Burrito* 	<b>3</b> WW Honey Bun  <b>Or</b> Apple Strudel  <b>Or</b> Mini Cinnamon Pull Apart Roll  <b>Or</b> Bacon, Egg and Cheese Breakfast Sandwich  <b>Or</b> Egg and Cheese Sandwich 	<b>4</b> Homemade Waffles   <b>With</b> Syrup <b>Or</b> Chocolate Chip Muffin  <b>Or</b> Egg and Cheese Sandwich  <b>Waffle Wednesday!</b>	<b>5</b> Whole Grain French Toast Slices  <b>With</b> Syrup <b>Or</b> Mini Cinnamon Pull Apart Roll  <b>Or</b> Egg and Cheese Sandwich  <b>Or</b> Sausage and Cheese Sandwich	<b>6</b> <b>Or</b> Chocolate Chip Muffin  <b>Or</b> Apple Strudel  <b>Or</b> Sausage, Egg and Cheese Sandwich <b>Donut Day!</b>
<b>9</b> Apple Strudel  <b>Or</b> Mini Cinnamon Pull Apart Roll  <b>Or</b> Chocolate Chip Muffin  <b>Or</b> Egg and Cheese Sandwich  <b>Or</b> Sausage, Egg & Cheese Burrito* 	<b>10</b> WW Honey Bun  <b>Or</b> Apple Strudel  <b>Or</b> Mini Cinnamon Pull Apart Roll  <b>Or</b> Bacon, Egg and Cheese Breakfast Sandwich  <b>Or</b> Egg and Cheese Sandwich 	<b>11</b> Homemade Waffles   <b>With</b> Syrup <b>Or</b> Chocolate Chip Muffin  <b>Or</b> Egg and Cheese Sandwich  <b>Waffle Wednesday!</b>	<b>12</b> Whole Grain French Toast Slices  <b>With</b> Syrup <b>Or</b> Mini Cinnamon Pull Apart Roll  <b>Or</b> Egg and Cheese Sandwich  <b>Or</b> Sausage and Cheese Sandwich	<b>13</b> <b>Or</b> Chocolate Chip Muffin  <b>Or</b> Apple Strudel  <b>Or</b> Egg and Cheese Sandwich  <b>Donut Day!</b>
<b>16</b>  WINTER  RECESS  THIS WEEK  2/16-2/20	<b>17</b>  <p>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</p> <p>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.</p>	<b>18</b>  <p>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</p> <p>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.</p>	<b>19</b>  WINTER  RECESS  THIS WEEK  2/26-2/20	<b>20</b>  WINTER  RECESS  THIS WEEK  2/26-2/20
<b>23</b> Apple Strudel  <b>Or</b> Mini Cinnamon Pull Apart Roll  <b>Or</b> Chocolate Chip Muffin  <b>Or</b> Egg and Cheese Sandwich  <b>Or</b> Sausage, Egg & Cheese Burrito* 	<b>24</b> WW Honey Bun  <b>Or</b> Apple Strudel  <b>Or</b> Mini Cinnamon Pull Apart Roll  <b>Or</b> Bacon, Egg and Cheese Breakfast Sandwich  <b>Or</b> Egg and Cheese Sandwich 	<b>25</b> Homemade Waffles   <b>With</b> Syrup <b>Or</b> Egg and Cheese Sandwich  <b>Or</b> Chocolate Chip Muffin  <b>Waffle Wednesday!</b>	<b>26</b> Whole Grain French Toast Slices  <b>With</b> Syrup <b>Or</b> Mini Cinnamon Pull Apart Roll  <b>Or</b> Egg and Cheese Sandwich  <b>Or</b> Sausage and Cheese Sandwich	<b>27</b> <b>Or</b> Homemade Muffins   <b>Or</b> Egg and Cheese Sandwich  <b>Donut Day!</b>



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**Cost of Breakfast: Adults: \$3.49 + 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

