

Lunch Menu

Putnam Valley High School

January 2025

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

Monday

Tuesday

Wednesday

Thursday

Friday

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 milk. (all milk is antibiotic and hormone free). All breads are Whole Grain (WG)

Cost of meal: Adults \$5.03 + tax; Students: \$0.00

6 Deli Bar
Or Homemade Mac & Cheese 🍃 🍌
Or Crispy Chicken Garden Salad 🍌
All With Steamed Broccoli
Or Garden Salad
Fresh Orange
Or Apple Slices

7 Deli Bar
Or Crispy Popcorn Chicken
Or Crispy Chicken Garden Salad 🍌
cheesy 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

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

3 Deli Bar
South of the Border Wrap 🍌
Or Garden Salad with Cheese Entree 🍃 🍌
Crispy Potato Puffs
Steamed Broccoli
Sriracha Garbanzo Beans
Honeydew and Cantaloupe Cup
Apple Slices

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

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

15 Deli Bar
Or Philly Style Sliders 🍌
Or Chicken Caesar Salad 🍌
Crispy Potato Puffs
Sauteed Onions & Peppers
Or Side Salad
Or Cauliflower Popcorn
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
Or Apple Slices

17 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



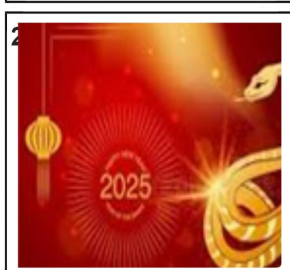
27 Deli Bar
Or Homemade Baked Pasta with Cheese 🍃 🍌
Or Crispy Chicken Garden Salad 🍌
All With Steamed Broccoli
Or Garden Salad
Strawberry Cup
Or Apple Slices

21 Deli Bar
Or Chicken Tikka Masala
Or Cobb Salad **P** 🍌
Indian Spiced Rice
Indian Spiced Vegetables
Or Roasted Garlic Cauliflower
Fresh Fruit Cup
Or Apple Slices

22 Deli Bar
Or Mozzarella Sticks 🍃
All With Marinara Sauce Dip
Or Cobb Salad **P** 🍌
Sweet Potato Fries
Or Balsamic Glazed Vegetables
Or Caesar Salad
Apple Slices
Or Fresh Fruit Cup

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

24 Deli Bar
Or Buffalo Chicken Mac & Cheese 🍌
Or Cobb Salad **P** 🍌
Steamed Broccoli
Celery
Apple Slices
Or Fresh Fruit Cup



30 Nacho Bar
Deli Bar
All With Nachos Grande 🍌
Crispy Chicken Garden Salad 🍌
Sweet Corn
Or Seasoned Black Beans
Or Apple Slices
Strawberry Cup

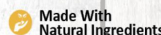
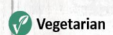
31 Deli Bar
Or Honeyfire Kitchen Chicken Tenders
Honey fire kitchen chicken tenders with carrot and celery sticks 🍌
Crispy Chicken Garden Salad 🍌
Crispy Potato Puffs
Honeyfire Kitchen Roasted Chickpeas

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 oppor



Should you have questions Please contact: Sandra Renken via phone or email: renkens@whitson.com or 845-526-7847 x 1321

Note: A full student lunch includes a grain, protein, fruit, veggie, and a choice of fat free chocolate or
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

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.

Breakfast Menu

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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

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



- 6 Apple Strudel
Or Mini Cinnamon Pull Apart Roll
Chocolate Chip Muffin
WW Honey Bun
Bacon, Egg and Cheese Breakfast Sandwich
Egg and Cheese Sandwich

- 7 Whole Grain French Toast Slices
With Syrup
Chocolate Chip Muffin
Apple Strudel
Bacon, Egg and Cheese Breakfast Sandwich
Egg and Cheese Sandwich

- 8 Homemade Waffles
With Syrup
Chocolate Chip Muffin
Bacon, Egg and Cheese Breakfast Sandwich
Egg and Cheese Sandwich

Waffle Wednesday!

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

- 3 WG Glazed Donut
Or WG Chocolate Glazed Donut
Chocolate Chip Muffin
WW Honey Bun
Egg and Cheese Sandwich
Breakfast Burrito

- 13 Apple Strudel
Or Mini Cinnamon Pull Apart Roll
WW Honey Bun
Bacon, Egg and Cheese Breakfast Sandwich
Egg and Cheese Sandwich
Chocolate Chip Muffin

- 14 Whole Grain French Toast Slices
With Syrup
Chocolate Chip Muffin
Apple Strudel
Egg and Cheese Sandwich
Sausage, Egg and Cheese Sandwich

- 15 Homemade Waffles
With Syrup
Chocolate Chip Muffin
Egg and Cheese Sandwich
Sausage, Egg and Cheese Sandwich

Waffle Wednesday!

- 16 Sausage, Egg & Cheese Burrito*
Chocolate Chip Muffin
Apple Strudel
Egg and Cheese Sandwich
Sausage, Egg and Cheese Sandwich

- 17 WG Glazed Donut
Or WG Chocolate Glazed Donut
Chocolate Chip Muffin
Apple Strudel
Sausage, Egg and Cheese Sandwich
Breakfast Burrito

- 20
Apple Strudel
Mini Cinnamon Pull Apart Roll
Bacon, Egg and Cheese Breakfast Sandwich
Egg and Cheese Sandwich
Chocolate Chip Muffin

- 21 Whole Grain French Toast Slices
With Syrup
Chocolate Chip Muffin
Apple Strudel
Egg and Cheese Sandwich
Sausage, Egg and Cheese Sandwich

- 22 Homemade Waffles
With Syrup
Bacon, Egg and Cheese Breakfast Sandwich
Egg and Cheese Sandwich
Chocolate Chip Muffin

Waffle Wednesday!

- 23 Sausage, Egg & Cheese Burrito*
Chocolate Chip Muffin
Apple Strudel
Egg and Cheese Sandwich
Sausage, Egg and Cheese Sandwich

- 24 WG Glazed Donut
Or WG Chocolate Glazed Donut
Homemade Muffins
Bacon, Egg and Cheese Breakfast Sandwich
Breakfast Burrito

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

- 28 Whole Grain French Toast Slices
With Syrup
Chocolate Chip Muffin
Apple Strudel
Bacon, Egg and Cheese Breakfast Sandwich
Egg and Cheese Sandwich



- 30 Sausage, Egg & Cheese Burrito*
Chocolate Chip Muffin
Apple Strudel
Egg and Cheese Sandwich
Sausage, Egg and Cheese Sandwich

- 31 WG Glazed Donut
Or WG Chocolate Glazed Donut
Homemade Muffins
Bacon, Egg and Cheese Breakfast Sandwich
Breakfast Burrito

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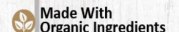
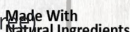
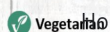
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Daily selections are: WG Bagels, Muffins, Pop-Tarts & Asst'd Cereals w. Cheesestick or Graham Crackers, Yogurt Cup w. w.out Granola, Hand and Cupped Fruit, 100% Fruit Juice. Milk - 1%, FF or FF Chocolate (Antibiotic & Hormone Free) Made With Natural 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.

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