

Lunch Menu

Putnam Valley High School

February
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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

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

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

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

19

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
Sautéed 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

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. If you have a food allergy, or intolerance, please notify us.

***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.



Vegetarian

Made With Natural Ingredients

P Pork

Smart Choice

Made With Organic Ingredients

Should you have
questions Please
contact: Food Servi
ce 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

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eligible for One free breakfast and lunch each school day.
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and second beverages will be available for purchase.

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Breakfast Menu

Putnam Valley High School

February
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

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

Tuesday

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

Wednesday

4 Homemade Waffles
With Syrup
Or Chocolate Chip Muffin
Or Egg and Cheese Sandwich
Waffle Wednesday!

Thursday

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

Friday

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

Donut Day!

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

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

11 Homemade Waffles
With Syrup
Or Chocolate Chip Muffin
Or Egg and Cheese Sandwich
Waffle Wednesday!

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

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

Donut Day!

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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.

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

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

25 Homemade Waffles
With Syrup
Or Egg and Cheese Sandwich
Or Chocolate Chip Muffin
Waffle Wednesday!

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

27 Or Homemade Muffins
Or 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: \$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