






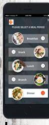
Lunch Menu

Putnam Valley High School

December 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Deli Bar Or Homemade Baked Pasta with Cheese 🌱 🍌 Or Garden Salad with Cheese Entree 🌱 🍌 All With Steamed Broccoli Or Garden Salad Apple Slices Or Honeydew and Cantaloupe Cup</p>	<p>3 Deli Bar Or Chicken Bowl with Gravy chicken layered with mashed potatoes and corn, smothered in gravy 🍌 Or Garden Salad with Cheese Entree 🌱 🍌 Garden Salad Apple Slices Or Honeydew and Cantaloupe Cup</p>	<p>4 Deli Bar Or Meatball Hero Or Garden Salad with Cheese Entree 🌱 🍌 Crispy Potato Puffs Spicy Honey Carrots Fresh Cucumber Salad Honeydew and Cantaloupe Cup Or Apple Slices</p>	<p>5 Deli Bar Or Nacho Bar With Nachos Grande 🍌 Or Garden Salad with Cheese Entree 🌱 🍌 Corn & Black Bean Salad Honeydew and Cantaloupe Cup Or Apple Slices</p>	<p>6 Deli Bar Or Wing Shack BBQ Style Chicken Wings Wing Shack Classic Buffalo Chicken Wings Or Garden Salad with Cheese Entree 🌱 🍌 Carrot Sticks Celery Honeydew and Cantaloupe Cup Apple Slices</p>
<p>9 Deli Bar Or Grilled Cheese Sandwich 🌱 Or Crispy Chicken Garden Salad 🍌 Or Tomato Soup Crispy Potato Puffs Or Garden Salad Fresh Orange Or Apple Slices</p>	<p>10 Deli Bar Or Crispy Popcorn Chicken Or Crispy Chicken Garden Salad 🍌 cheesy Brown Rice Pilaf Glazed Carrots Fresh Orange Or Apple Slices</p>	<p>11 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</p>	<p>12 Deli Bar Or Crispy Tacos Or Crispy Chicken Garden Salad 🍌 Yellow Rice Corn & Black Bean Salad Apple Slices Or Fresh Orange</p>	<p>13 Deli Bar Or Buffalo Chicken Mac & Cheese 🍌 Or Crispy Chicken Garden Salad 🍌 Steamed Broccoli Celery Fresh Orange Or Apple Slices</p>
<p>16 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</p>	<p>17 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</p>	<p>18 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</p>	<p>19 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</p>	<p>20 Deli Bar Or Chili Cheese Dog 🍌 🍌 Or Famous Chili Cheese Fries 🍌 🍌 Or Chicken Caesar Salad 🍌 Side Garden Salad Or Green Beans Diced Peach Cup Or Apple Slices</p>
<p>23 </p>	<p>24 </p>	<p>25 </p>	<p>26 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 is: MySchoolBucks.com</p>	
<p>30 </p>	<p>31 </p>	<p>Breakfast and Lunch Meals are free to all students. Adult lunch: \$5.03 + tax</p>		



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 opportunity provider.



- Vegetarian
- Made With Natural Ingredients
- Pork
- Smart Choice
- Made With Organic Ingredients

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)

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 for a reimbursable meal.

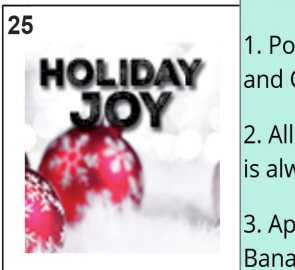
Breakfast Menu

Putnam Valley High School

December 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>WW Honey Bun </p> <p>Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Egg and Cheese Sandwich </p> <p>Chocolate Chip Muffin </p>	<p>3 Whole Grain French Toast Slices </p> <p>With Syrup</p> <p>Chocolate Chip Muffin </p> <p>Apple Strudel </p> <p>Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Egg and Cheese Sandwich </p>	<p>4 Homemade Waffles </p> <p>With Syrup</p> <p>Chocolate Chip Muffin </p> <p>Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Egg and Cheese Sandwich </p> <p>Waffle Wednesday!</p>	<p>5 Sausage, Egg & Cheese Burrito* </p> <p>Or WW Honey Bun </p> <p>Chocolate Chip Muffin </p> <p>Apple Strudel </p> <p>Mini Cinnamon Pull Apart Roll </p> <p>Egg and Cheese Sandwich </p>	<p>6 WG Glazed Donut </p> <p>Or WG Chocolate Glazed Donut </p> <p>Chocolate Chip Muffin </p> <p>WW Honey Bun </p> <p>Egg and Cheese Sandwich </p> <p>Breakfast Burrito </p>
<p>9 Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Chocolate Chip Muffin </p> <p>WW Honey Bun </p> <p>Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Egg and Cheese Sandwich </p>	<p>10 Whole Grain French Toast Slices </p> <p>With Syrup</p> <p>Chocolate Chip Muffin </p> <p>Apple Strudel </p> <p>Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Egg and Cheese Sandwich </p>	<p>11 Homemade Waffles </p> <p>With Syrup</p> <p>Chocolate Chip Muffin </p> <p>Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Egg and Cheese Sandwich </p> <p>Waffle Wednesday!</p>	<p>12 Sausage, Egg & Cheese Burrito* </p> <p>Chocolate Chip Muffin </p> <p>Or WW Honey Bun </p> <p>Egg and Cheese Sandwich </p> <p>Sausage, Egg and Cheese Sandwich </p>	<p>13 WG Chocolate Glazed Donut </p> <p>Or WG Glazed Donut </p> <p>Chocolate Chip Muffin </p> <p>Apple Strudel </p> <p>Egg and Cheese Sandwich </p> <p>Breakfast Burrito </p>
<p>16 Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>WW Honey Bun </p> <p>Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Egg and Cheese Sandwich </p> <p>Chocolate Chip Muffin </p>	<p>17 Whole Grain French Toast Slices </p> <p>With Syrup</p> <p>Chocolate Chip Muffin </p> <p>Apple Strudel </p> <p>Egg and Cheese Sandwich </p> <p>Sausage, Egg and Cheese Sandwich </p>	<p>18 Homemade Waffles </p> <p>With Syrup</p> <p>Chocolate Chip Muffin </p> <p>Egg and Cheese Sandwich </p> <p>Sausage, Egg and Cheese Sandwich </p> <p>Waffle Wednesday!</p>	<p>19 Sausage, Egg & Cheese Burrito* </p> <p>Chocolate Chip Muffin </p> <p>Apple Strudel </p> <p>Egg and Cheese Sandwich </p> <p>Sausage, Egg and Cheese Sandwich </p>	<p>20 WG Glazed Donut </p> <p>Or WG Chocolate Glazed Donut </p> <p>Chocolate Chip Muffin </p> <p>Apple Strudel </p> <p>Sausage, Egg and Cheese Sandwich </p> <p>Breakfast Burrito </p>



Offered daily:

1. Pop tarts, Chocolate Chip or Blueberry Muffins, Bagels and Cereals. All of these items are Whole Grain (WG)
2. All juices are 100% Fruit Juice in a 4oz serving. One juice is always offered with a reimbursable meal.
3. Apples (whole or sliced), Oranges and Whole Petite Bananas are offered daily



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 is MySchoolBucks.com**

Cost of Breakfast: Free for all students, Adult Breakfast - \$2.48 + tax

View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

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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)

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.

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

Pork Smart Choice Made With Organic Ingredients