

Lunch Menu

Putnam Valley High School

September
2025

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> 	<p>2</p> <p>Deli Bar Or Chicken Bowl with Gravy 🍷 Or Garden Salad with Cheese Entree 🍷 Side Garden Salad Honeydew and Cantaloupe Cup Or Apple Slices</p>	<p>3</p> <p>Deli Bar Chicken Parmesan Flatbread 🍷 Or Garden Salad with Cheese Entree 🍷 Crispy Potato Puffs Spicy Honey Carrots Fresh Cucumber Salad</p>	<p>4</p> <p>Deli Bar Or Nacho Bar Nachos Grande Or Garden Salad with Cheese Entree 🍷 Corn & Black Bean Salad Honeydew and Cantaloupe Cup</p>	<p>5</p> <p>Deli Bar Or Two Cheese Quesadilla 🍷 Or Veggie Bean Quesadilla 🍷 Or Garden Salad with Cheese Entree 🍷 Crispy Potato Puffs Steamed Broccoli</p>
<p>8</p> <p>Deli Bar BBQ Chicken Sliders Or Crispy Chicken Garden Salad 🍷 Homemade Deli Style Colelaw Crispy Potato Puffs Baked Beans Fresh Orange</p>	<p>9</p> <p>Deli Bar Or Crispy Popcorn Chicken <i>cheesy</i> Crispy Chicken Garden Salad 🍷 Brown Rice Pilaf Glazed Carrots Fresh Orange Or Apple Slices</p>	<p>10</p> <p>Deli Bar Or NY Beef Burger with Bacon & Cheese 🍷 With BBQ Sauce Or Crispy Chicken Garden Salad 🍷 Sweet Potato Fries Fresh Cucumber</p>	<p>11</p> <p>Deli Bar Or Crispy Tacos Or Crispy Chicken Garden Salad 🍷 Yellow Rice Corn & Black Bean Salad Apple Slices Or Fresh Orange</p>	<p>12</p> <p>Deli Bar Or Homemade Mac & Cheese 🍷 Or Crispy Chicken Garden Salad 🍷 All With Steamed Broccoli Or Garden Salad Fresh Orange</p>
<p>15</p> <p>Deli Bar Honeyfire Kitchen Chicken Tenders 🍷 Or Chicken Caesar Salad 🍷 Mashed Potatoes Green Beans Or Side Garden Salad Apple Slices</p>	<p>16</p> <p>Deli Bar Or Sweet & Sour Chicken Sauce & Toss Or Chicken Caesar Salad 🍷 Hawaiian Pineapple Fried Rice Roasted Vegetables Or Sweet Soy</p>	<p>17</p> <p>Deli Bar Or Wing Shack BBQ Style Chicken Wings Wing Shack Classic Buffalo Chicken Wings Or Chicken Caesar Salad 🍷 Side Garden Salad Carrot Sticks</p>	<p>18</p> <p>Deli Bar Or Nacho Bar All With Nachos Grande 🍷 Or Chicken Caesar Salad 🍷 Sweet Corn Or Seasoned Black Beans</p>	<p>19</p> <p>Deli Bar Cheesy Stuffed Bread Sticks 🍷 With Marinara Sauce Dip Or Chicken Caesar Salad 🍷 Roasted Broccoli Or Side Garden Salad</p>
<p>22</p> <p>Deli Bar Or Buffalo Chicken Mac & Cheese 🍷 Or Cobb Salad 🍷 Steamed Broccoli Celery Apple Slices Or Fresh Fruit Cup</p>	<p>23</p> <p>Deli Bar Chicken Gyo 🍷 Or Cobb Salad 🍷 Indian Spiced Rice Indian Spiced Vegetables Or Roasted Garlic Cauliflower Fresh Fruit Cup</p>	<p>24</p> <p>Deli Bar Homemade Pasta & Meatballs 🍷 Or Cobb Salad 🍷 Green Beans Garden Salad Apple Slices Or Fresh Fruit Cup</p>	<p>25</p> <p>Deli Bar Or Soft Tacos Or Cobb Salad 🍷 With Iceberg Lettuce And Salsa Yellow Rice Or Corn & Black Bean Salad Apple Slices</p>	<p>26</p> <p>Deli Bar Or Mozzarella Sticks 🍷 All With Marinara Sauce Dip Or Cobb Salad 🍷 Sweet Potato Fries Or Balsamic Glazed Vegetables</p>
<p>29</p> <p>Deli Bar Homemade Pasta & Meatballs 🍷 Or Crispy Chicken Garden Salad 🍷 All With Steamed Broccoli Or Garden Salad Strawberry Cup</p>	<p>30</p> <p>Philly Style Sliders 🍷 Or Crispy Chicken Garden Salad 🍷 Crispy Potato Puffs Glazed Carrots Or Garden Salad Strawberry Cup Or Apple Slices</p>	<p>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.</p> <p>Cost of meal: Adults \$5.03 + tax; Students: \$0.00</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.

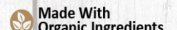
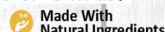
**Menu is subject to change, notice posted when available.

***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.



Should you have questions Please contact: Food Service 845-526-7847 x

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



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

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

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Monday

Tuesday

Wednesday

Thursday

Friday

1		2	WW Honey Bun 🌱 Or Apple Strudel 🌱 Or Mini Cinnamon Pull Apart Roll 🌱 Or Bacon, Egg and Cheese Breakfast Sandwich P Or Egg and Cheese Sandwich 🌱	3	Homemade Waffles 🌱🥞 With Syrup Or Chocolate Chip Muffin 🌱 Or Egg and Cheese Sandwich 🌱 Waffle Wednesday!	4	Whole Grain French Toast Slices 🌱 With Syrup Or Mini Cinnamon Pull Apart Roll 🌱 Or Egg and Cheese Sandwich 🌱 Or Sausage and Cheese Sandwich	5	Or Chocolate Chip Muffin 🌱 Or Egg and Cheese Sandwich 🌱 Donut Day!
8	Apple Strudel 🌱 Or Mini Cinnamon Pull Apart Roll 🌱 Or Chocolate Chip Muffin 🌱 Or Egg and Cheese Sandwich 🌱 Or Sausage, Egg & Cheese Burrito* 🥞	9	WW Honey Bun 🌱 Or Apple Strudel 🌱 Or Mini Cinnamon Pull Apart Roll 🌱 Or Bacon, Egg and Cheese Breakfast Sandwich P Or Egg and Cheese Sandwich 🌱	10	Homemade Waffles 🌱🥞 With Syrup Or Chocolate Chip Muffin 🌱 Or Egg and Cheese Sandwich 🌱 Waffle Wednesday!	11	Whole Grain French Toast Slices 🌱 With Syrup Or Mini Cinnamon Pull Apart Roll 🌱 Or Egg and Cheese Sandwich 🌱 Or Sausage and Cheese Sandwich	12	Or Chocolate Chip Muffin 🌱 Or Apple Strudel 🌱 Or Egg and Cheese Sandwich 🌱 Donut Day!
15	Apple Strudel 🌱 Or Mini Cinnamon Pull Apart Roll 🌱 Or Chocolate Chip Muffin 🌱 Or Egg and Cheese Sandwich 🌱 Or Sausage, Egg & Cheese Burrito* 🥞	16	WW Honey Bun 🌱 Or Apple Strudel 🌱 Or Mini Cinnamon Pull Apart Roll 🌱 Or Bacon, Egg and Cheese Breakfast Sandwich P Or Egg and Cheese Sandwich 🌱	17	Homemade Waffles 🌱🥞 With Syrup Or Chocolate Chip Muffin 🌱 Or Egg and Cheese Sandwich 🌱 Waffle Wednesday!	18	Whole Grain French Toast Slices 🌱 With Syrup Or Mini Cinnamon Pull Apart Roll 🌱 Or Egg and Cheese Sandwich 🌱 Or Sausage and Cheese Sandwich	19	Or Chocolate Chip Muffin 🌱 Or Apple Strudel 🌱 Or Sausage, Egg and Cheese Sandwich Donut Day!
22	Apple Strudel 🌱 Or Mini Cinnamon Pull Apart Roll 🌱 Or Chocolate Chip Muffin 🌱 Or Egg and Cheese Sandwich 🌱 Or Sausage, Egg & Cheese Burrito* 🥞	23	WW Honey Bun 🌱 Or Apple Strudel 🌱 Or Mini Cinnamon Pull Apart Roll 🌱 Or Bacon, Egg and Cheese Breakfast Sandwich P Or Egg and Cheese Sandwich 🌱	24	Homemade Waffles 🌱🥞 With Syrup Or Bacon, Egg and Cheese Breakfast Sandwich P Or Egg and Cheese Sandwich 🌱 Waffle Wednesday!	25	Whole Grain French Toast Slices 🌱 With Syrup Or Mini Cinnamon Pull Apart Roll 🌱 Or Egg and Cheese Sandwich 🌱 Or Sausage and Cheese Sandwich	26	Or Homemade Muffins 🌱🥞 Or Egg and Cheese Sandwich 🌱 Donut Day!
29	Apple Strudel 🌱 Mini Cinnamon Pull Apart Roll 🌱 Bacon, Egg and Cheese Breakfast Sandwich P Egg and Cheese Sandwich 🌱 Chocolate Chip	30	WW Honey Bun 🌱 Or Apple Strudel 🌱 Or Mini Cinnamon Pull Apart Roll 🌱 Or Bacon, Egg and Cheese Breakfast Sandwich P Or Egg and Cheese Sandwich 🌱	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			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.		



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Any questions regarding school meals, please contact: Food Service:
845-526-7847 ext 1321
Cost of Breakfast: Adults:
\$2.48 + 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.

