

Lunch Menu

Putnam Valley High School

March 2025

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

Monday

3 Deli Bar
Or Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy
Or Garden Salad with Cheese Entree
Side Garden Salad
Honeydew and Cantaloupe Cup
Or Apple Slices

Tuesday

4 Deli Bar
Whole Grain Pancakes with Sausage
Or Garden Salad with Cheese Entree
Golden Baked Potato Wedges
Sauteed Cinnamon Apple Slices
Honeydew and Cantaloupe Cup

Fat Tuesday/ Mardi Gras Menu

Wednesday

5 Deli Bar
Chicken Parmesan Flatbread
Or Garden Salad with Cheese Entree
Crispy Potato Puffs
Spicy Honey Carrots
Fresh Cucumber Salad
Honeydew and Cantaloupe Cup
Or Apple Slices

Thursday

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

Friday

7 Deli Bar
Or Two Cheese Quesadilla
Or Veggie Bean Quesadilla
Or Garden Salad with Cheese Entree
Crispy Potato Puffs
Steamed Broccoli
Sriracha Garbanzo Beans
Honeydew and Cantaloupe

10 Deli Bar
BBQ Chicken Sliders
Or Crispy Chicken Garden Salad
Homemade Deli Style Coleslaw
Crispy Potato Puffs
Baked Beans
Fresh Orange
Or Apple Slices

11 Deli Bar
Or Crispy Popcorn Chicken
Or Crispy Chicken Garden Salad
cheesy Brown Rice Pilaf
Glazed Carrots
Fresh Orange
Or Apple Slices

12 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

13 Deli Bar
Or Crispy Tacos
Or Crispy Chicken Garden Salad
Yellow Rice
Corn & Black Bean Salad
Apple Slices
Or Fresh Orange

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

17 Deli Bar
Bun Appetit Chicken Biscuit Sandwich
Or Chicken Caesar Salad
Mashed Potatoes
Green Beans
Or Side Garden Salad
Apple Slices
Or Diced Peach Cup

18 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

19 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

20 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

21 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

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

25 Deli Bar
Chicken Gyro
Or Cobb Salad
Indian Spiced Rice
Steamed Vegetables
Or Roasted Garlic Cauliflower
Fresh Fruit Cup
Or Apple Slices

26 Deli Bar
Homemade Pasta & Meatballs
Or Cobb Salad
Green Beans
Garden Salad
Apple Slices
Or Fresh Fruit Cup

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

28 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

31 **Closed to Students for Superintendent's Conference Day**

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

Easiest way to pay: MySchoolBucks.com

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

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.

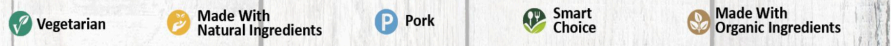
**Menu is subject to change, notice posted when available.

***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: Sandra Renken at: renkens@whitsons.com or 845-526-7847 x 1321

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

March 2025






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Monday

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

Tuesday

- 4 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





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

Waffle Wednesday!


Thursday






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

Friday

- 7 WG Glazed Donut 
 Or WG Chocolate Glazed Donut 
 Or Chocolate Chip Muffin 
 Or Egg and Cheese Sandwich 

Donut Day!






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

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






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






Waffle Wednesday!

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

- 14 WG Chocolate Glazed Donut 
 Or WG Glazed Donut 
 Or Chocolate Chip Muffin 
 Or Apple Strudel 
 Or Egg and Cheese Sandwich 

Donut Day!





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

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






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






Waffle Wednesday!

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

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

Donut Day!




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

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

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

Waffle Wednesday!

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

- 28 WG Glazed Donut 
 Or WG Chocolate Glazed Donut 
 Or Homemade Muffins 
 Or Egg and Cheese Sandwich 

Donut Day!

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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

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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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.

