

Lunch Menu

Putnam Valley High School

March 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 Red Seedless Grapes	4 Homemade Pasta & Meatballs 🍌 Or Cobb Salad 🍌 Sautéed Spinach Garden Salad Or Fresh Fruit Cup Red Bell Peppers Strawberries	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	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 Pears	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 Or Apple Slices Brown Rice	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 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 🍌
16 Deli Bar Santa Fe Quesadilla 🍌 Or Crispy Chicken Garden Salad 🍌 Homemade Deli Style Coleslaw Crispy Potato Puffs Baked Beans Fresh Orange Or Apple Slices	17 Deli Bar Or Crispy Popcorn Chicken Or Crispy Chicken Garden Salad 🍌 Brown Rice Glazed Carrots Fresh Orange Or Apple Slices Cucumber Slices	18 Deli Bar Homemade Pasta & Meatballs 🍌 Or Cobb Salad 🍌 Sautéed Spinach Garden Salad Or Fresh Fruit Cup Strawberries Zucchini Sticks Chicken Meatballs	19 Deli Bar Or Nacho Bar Yellow Rice Corn & Black Bean Salad Apple Slices Or Soft Tacos Or Cobb Salad 🍌 And Salsa Watermelon Slices Turkey Taco Meat	20 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 🍌
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 Or Apple Slices Whole Wheat Dinner Roll	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	25 Deli Bar Homemade Pasta & Meatballs 🍌 Or Cobb Salad 🍌 Sautéed Spinach Garden Salad Apple Slices Or Fresh Fruit Cup Cherry Tomatoes 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 Sweet Potato Fries	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 🍌
30 Spring Recess	31 Spring Recess	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		



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.

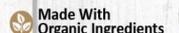
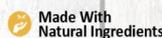
**Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

***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.



Should you have questions Please contact: Food Service 845-526-7847 x 132 **Adult Lunch \$5.22+tax**

Note: A full student lunch includes a grain, protein, fruit, veggie, and a **Students must take at minimum three (3) out of the five food groups. Fruit and/ or vegetable** 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
<p>2 Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Chocolate Chip Muffin </p> <p>Or Egg and Cheese Sandwich </p> <p>Or Sausage, Egg & Cheese Burrito* </p>	<p>3 WW Honey Bun </p> <p>Or Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Or Egg and Cheese Sandwich </p>	<p>4 Homemade Waffles </p> <p>With Syrup</p> <p>Or Chocolate Chip Muffin </p> <p>Or Egg and Cheese Sandwich </p> <p>Waffle Wednesday!</p>	<p>5 Whole Grain French Toast Slices </p> <p>With Syrup</p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Egg and Cheese Sandwich </p> <p>Or Sausage and Cheese Sandwich</p>	<p>6 Or Chocolate Chip Muffin </p> <p>Or Apple Strudel </p> <p>Or Sausage, Egg and Cheese Sandwich</p> <p>Donut Day!</p>
<p>9 Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Chocolate Chip Muffin </p> <p>Or Egg and Cheese Sandwich </p> <p>Or Sausage, Egg & Cheese Burrito* </p>	<p>10 WW Honey Bun </p> <p>Or Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Or Egg and Cheese Sandwich </p>	<p>11 Homemade Waffles </p> <p>With Syrup</p> <p>Or Chocolate Chip Muffin </p> <p>Or Egg and Cheese Sandwich </p> <p>Waffle Wednesday!</p>	<p>12 Whole Grain French Toast Slices </p> <p>With Syrup</p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Egg and Cheese Sandwich </p> <p>Or Sausage and Cheese Sandwich</p>	<p>13 Or Chocolate Chip Muffin </p> <p>Or Apple Strudel </p> <p>Or Egg and Cheese Sandwich </p> <p>Donut Day!</p>
<p>16 Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Chocolate Chip Muffin </p> <p>Or Egg and Cheese Sandwich </p> <p>Or Sausage, Egg & Cheese Burrito* </p>	<p>17 WW Honey Bun </p> <p>Or Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Or Egg and Cheese Sandwich </p>	<p>18 Homemade Waffles </p> <p>With Syrup</p> <p>Or Chocolate Chip Muffin </p> <p>Or Egg and Cheese Sandwich </p> <p>Waffle Wednesday!</p>	<p>19 Whole Grain French Toast Slices </p> <p>With Syrup</p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Egg and Cheese Sandwich </p> <p>Or Sausage and Cheese Sandwich</p>	<p>20 Or Chocolate Chip Muffin </p> <p>Or Apple Strudel </p> <p>Or Sausage, Egg and Cheese Sandwich</p> <p>Donut Day!</p>
<p>23 Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Or Chocolate Chip Muffin </p> <p>Egg and Cheese Sandwich </p> <p>Or Sausage, Egg & Cheese Burrito* </p>	<p>24 WW Honey Bun </p> <p>Or Apple Strudel </p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Bacon, Egg and Cheese Breakfast Sandwich </p> <p>Egg and Cheese Sandwich </p>	<p>25 Homemade Waffles </p> <p>With Syrup</p> <p>Egg and Cheese Sandwich </p> <p>Or Chocolate Chip Muffin </p> <p>Waffle Wednesday!</p>	<p>26 Whole Grain French Toast Slices </p> <p>With Syrup</p> <p>Or Mini Cinnamon Pull Apart Roll </p> <p>Egg and Cheese Sandwich </p> <p>Sausage and Cheese Sandwich</p>	<p>27 Or Homemade Muffins </p> <p>Egg and Cheese Sandwich </p> <p>Donut Day!</p>

30 Spring Recess

31 Spring Recess

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

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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**Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

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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

