

# Lunch Menu

## Putnam Valley High School

May  
2025

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

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**

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

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

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

7 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

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

9 Deli Bar  
Grilled Cheese Sandwich  
Meltdown Café  
Or Crispy Chicken Garden Salad  
Crispy Potato Puffs  
Tomato Salad  
Fresh Orange  
Or Apple Slices

12 Deli Bar  
Whole Grain Pancakes with Sausage  
Or Chicken Caesar Salad  
Crispy Potato Puffs  
Homemade Caramelized Apples  
Or Diced Peach Cup

13 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

14 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

15 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

16 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

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

20 Deli Bar  
Or Chicken Bowl with Gravy  
*chicken layered with mashed potatoes and corn, smothered in gravy*  
Or Cobb Salad  
Garden Salad  
Apple Slices  
Or Fresh Fruit Cup

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

22 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

23 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

**In a Hurry? No time to wait? Pre-Order! See the bookmark on your laptop for a Pre-Order Lunch Form!**

26   
**MEMORIAL DAY**

27 Deli Bar  
Or Homemade Baked Pasta with Cheese  
Or Crispy Chicken Garden Salad  
All With Steamed Broccoli  
Or Garden Salad  
Strawberry Cup  
Or Apple Slices

28 Deli Bar  
Or BLT Burger  
Or Crispy Chicken Garden Salad  
Crispy Potato Puffs  
**Caprese Salad**  
Or Watermelon & Feta Salad  
Strawberry Cup  
Or Apple Slices

**Memorial Day Menu**

29 Deli Bar  
Or Nachos Grande  
Or Crispy Chicken Garden Salad  
Seasoned Black Beans  
Sweet Corn  
Or Strawberry Cup  
Apple Slices

30 Deli Bar  
Wing Shack BBQ Style Chicken Wings  
Wing Shack Classic Buffalo Chicken Wings  
Crispy Chicken Garden Salad  
Side Garden Salad  
Carrot Sticks  
Celery  
Strawberry Cup  
Apple Slices

View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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.

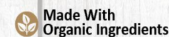
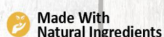
\*\*Menu is subject to change, notice posted when available.

\*\*\*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](mailto: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** 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

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](https://www.myschoolbucks.com) 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.




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

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






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






Waffle Wednesday!




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

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

Donut Day!



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

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






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






Waffle Wednesday!

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

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

Donut Day!

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

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

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






Waffle Wednesday!





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

23 Or Homemade Muffins   
Or Egg and Cheese Sandwich 

Donut Day!




26 

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

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

Waffle Wednesday!

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

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

Donut Day!

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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.

