

# Lunch Menu

## Putnam Valley High School

May  
2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

Daily Offerings Include:

Made to Order Deli, Assorted Pizza, Entree Salads, Hummus Platter & Fruity Granola Parfait, all served with Fresh or Cupped Fruit, 100% Fruit Juice, & 1% or Fat Free Chocolate Milk.



4 NY Beef Burger  
Cheeseburger  
Sliced Tomatoes  
Lettuce Topping  
Onion Topping  
Bacon Topping  
Sweet Potato Fries

5 Chicken Bowl with Gravy  
Mashed Potatoes  
Sweet Corn  
Whole Wheat Dinner Roll

6 Pasta with Sauce  
Homemade Chicken & Broccoli Alfredo  
Homemade Pasta & Meatballs  
Roasted Broccoli  
Homemade Garlic Bread

7 Two Cheese Quesadilla  
Buffalo Chicken and Cheese Quesadilla  
Seasoned Black Beans  
Salsa  
Sour Cream

1 Roasted Vegetable Panini  
Turkey & Cheese Panini  
Cheese Panini  
Crispy Potato Puffs

8 Pepperoni and Cheese Calzone  
Homemade Broccoli Calzone  
Homemade three Cheese Calzone  
Marinara Sauce Dip  
Green Beans

11 Tomato & Cheese Griller  
Meltdown Café  
Meltdown Cafe  
Grilled Cheese with Bacon  
Steamed Carrots

12 Herb Roasted Chicken  
Corn Bread Stuffing  
Steamed Peas  
Baked Sweet Potato  
Whole Wheat Dinner Roll

13 Cinnamon French Toast Sticks  
Egg Patty  
Sausage Patty  
Crispy Potato Puffs

14 Nachos Grande  
Cheddar Cheese  
Salsa  
Sour Cream  
Black Beans

15 Yard Bird Classic Chicken Sandwich  
Chick'n Dipp'n Sauce  
Lettuce Topping  
Tomato Topping  
Onion Topping  
Baked Potato Wedges

18 Baked Chicken Tenders  
Fluffy Whole Grain Waffles  
Syrup  
Sweet Potato Fries

19 Homemade Mac & Cheese  
Whole Wheat Dinner Roll  
Green Beans

20 Sweet & Sour Chicken Sauce & Toss  
Brown Rice  
Steamed Carrots  
Steamed Broccoli

21 Soft Tacos  
Crispy Tacos  
Brown Rice  
Fiesta Corn  
Salsa  
Sour Cream  
Black Beans

22 Philly Cheese Steak  
Sautéed Onions & Peppers  
Cheese Sauce  
Baked Potato Wedges

25 MEMORIAL DAY

26 Chicken Nugget & Mozzarella Stick Combo  
Marinara Sauce Dip  
Steamed Broccoli  
Side Garden Salad

27 Tot Spot's BBQ Pulled Pork Tater Tots  
Tot Spot's Loaded Tater Tots  
Cheese Sauce

28 Nachos Grande  
Cheddar Cheese  
Salsa  
Sour Cream  
Black Beans

29 Wing Shack Chicken Wings  
Wing Shack Classic  
Buffalo Chicken Wings  
Wing Shack BBQ Style Chicken Wings  
Carrot Sticks  
Celery

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.

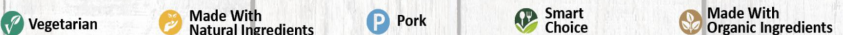
\*\*Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

\*\*\*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 any questions or concerns, Please contact: Food Service  
845-526-7847 ext 1321

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



# Breakfast Menu

Putnam Valley High School

May 2026

WHITSONS FAMILY OF COMPANIES  
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Monday






Tuesday

Wednesday




Thursday




Friday






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






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

6 Homemade Waffles    
With Syrup  
Or Chocolate Chip Muffin   
Or Egg and Cheese Sandwich   
**Waffle Wednesday!**




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



8 Or Chocolate Chip Muffin   
Or Apple Strudel   
Or Egg and Cheese Sandwich   
**Donut Day!**






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






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

13 Homemade Waffles    
With Syrup  
Or Chocolate Chip Muffin   
Or Egg and Cheese Sandwich   
**Waffle Wednesday!**

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



15 Or Chocolate Chip Muffin   
Or Apple Strudel   
Or Sausage, Egg and Cheese Sandwich  
**Donut Day!**

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






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

20 Homemade Waffles    
With Syrup  
Egg and Cheese Sandwich   
Or Chocolate Chip Muffin   
**Waffle Wednesday!**

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

22 Or Homemade Muffins    
Egg and Cheese Sandwich   
**Donut Day!**

25 

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

27 Homemade Waffles    
With Syrup  
Egg and Cheese Sandwich   
Or Chocolate Chip Muffin   
**Waffle Wednesday!**

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

29 Or Homemade Muffins    
Egg and Cheese Sandwich   
**Donut Day!**

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**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

