

# Lunch Menu

Putnam Valley Middle School

December 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2 Deli Bar Grilled Cheese Sandwich </p> <p>Grilled Chicken Panini </p> <p>Crispy Chicken Garden Salad </p> <p>Tomato Soup</p> <p>Crispy Potato Puffs</p> <p>Fresh Orange</p> <p>Applesauce</p>	<p>3 Deli Bar</p> <p>Or Chicken Bowl with Gravy <i>chicken layered with mashed potatoes and corn, smothered in gravy</i> </p> <p>Or Crispy Chicken Garden Salad </p> <p>Grilled Chicken Panini </p> <p>All With Garden Salad</p> <p>Organic Applesauce</p> <p>Or Fresh Orange</p>	<p>4 Deli Bar</p> <p>Meatball Hero</p> <p>Grilled Chicken Panini </p> <p>Or Crispy Chicken Garden Salad </p> <p>All With Oven Baked Fries</p> <p>Glazed Carrots</p> <p>And Side Salad</p> <p>With Organic Applesauce</p> <p>Or Fresh Orange</p>	<p>5 Deli Bar</p> <p>Nachos Grande </p> <p>With Mild Salsa</p> <p>Grilled Chicken Panini </p> <p>Crispy Chicken Garden Salad </p> <p>Sauteed Corn &amp; Black Bean Salsa</p> <p>Or Fresh Baby Carrots</p> <p>Or Side Salad</p> <p>Fresh Orange</p>	<p>6 Deli Bar</p> <p>Beef Hot Dog on Bun</p> <p>Grilled Chicken Panini </p> <p>Crispy Chicken Garden Salad </p> <p>Crispy Potato Puffs</p> <p>Or Baked Beans</p> <p>Or Cucumber Coins</p> <p>Garden Salad</p> <p>Organic Applesauce</p> <p>Or Fresh Orange</p>	
<p>9 Deli Bar</p> <p>Belgian Waffle with Caramelized Apples  </p> <p>Grilled Chicken Panini </p> <p>Garden Salad Entree </p> <p>Sausage Patty</p> <p>Orange Glazed Carrots</p> <p>Or Garden Salad</p> <p>Pineapple Cup</p> <p>Or Fresh Orange</p>	<p>10 Deli Bar</p> <p>Chicken Tenders</p> <p>Or Grilled Chicken Panini </p> <p>Or Garden Salad Entree </p> <p>With Sweet Potato Fries</p> <p>Steamed Broccoli</p> <p>Pineapple</p> <p>Or Fresh Orange</p>	<p>11 Deli Bar</p> <p>Chicken Parmesan Sandwich</p> <p>Grilled Chicken Panini </p> <p>Or Garden Salad Entree </p> <p>With Oven Baked Fries</p> <p>Mixed Vegetables</p> <p>Or Side Garden Salad</p> <p>And Pineapple</p> <p>Or Fresh Orange</p>	<p>12 Deli Bar</p> <p>Crispy Tacos</p> <p>Garden Salad Entree </p> <p>Rice &amp; Beans</p> <p>And Sweet Corn</p> <p>And Salsa</p> <p>Pineapple</p> <p>Or Fresh Orange</p>	<p>13 Deli Bar</p> <p>Cheeseburger</p> <p>Or NY Beef Burger</p> <p>Grilled Chicken Panini </p> <p>Garden Salad Entree </p> <p>Oven Baked Fries</p> <p>Baby Carrots</p> <p>Or Green Beans</p> <p>Pineapple</p> <p>Or Fresh Orange</p>	
<p>16 Deli Bar</p> <p>Grilled Cheese Sandwich </p> <p>Grilled Chicken Panini </p> <p>Or Chicken Caesar Salad </p> <p>Tomato Soup</p> <p>Crispy Potato Puffs</p> <p>Side Garden Salad</p> <p>Diced Peach Cup</p> <p>Or Fresh Apple</p>	<p>17 Deli Bar</p> <p>Mozzarella Stick &amp; Chicken</p> <p>Nugget Combo Meal</p> <p>Grilled Chicken Panini </p> <p>Chicken Caesar Salad </p> <p>Mixed Vegetables</p> <p>Baby Carrots</p> <p>Or Side Salad</p> <p>Diced Peach Cup</p> <p>Or Fresh Apple</p>	<p>18 Deli Bar</p> <p>Homemade Pasta &amp; Meatballs </p> <p>Grilled Chicken Panini </p> <p>Chicken Caesar Salad </p> <p>Steamed Broccoli</p> <p>Or Garden Salad</p> <p>Fresh Apple</p> <p>Or Diced Peach Cup</p>	<p>19 Deli Bar</p> <p>Nachos Grande</p> <p><i>tortilla chips topped with freshly prepared mexi style meat and cheese</i> </p> <p>With Mild Salsa</p> <p>Grilled Chicken Panini </p> <p>Chicken Caesar Salad </p> <p>Sauteed Corn &amp; Black Bean Salsa</p> <p>Diced Peach Cup</p>	<p>20 Deli Bar</p> <p>Bun Appetit Hot Honey</p> <p>Crispy Chicken Sandwich</p> <p>Or Grilled Chicken Panini </p> <p>Or Chicken Caesar Salad </p> <p>With Oven Baked Fries</p> <p>Or Honeyfire Kitchen</p> <p>Roasted Chickpeas</p> <p>With Fresh Baby Carrots</p> <p>And Celery Sticks</p> <p>Diced Peach Cup</p>	
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	
<p>30</p>	<p>31</p>	<p><b>Cost of School Lunch: \$0.00 ; Adults \$5.03 +tax</b></p>			<p>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. <b>Easiest way to Pay is MySchoolBucks.com</b></p>



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

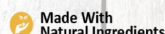
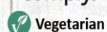
\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*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.



Five or more components  
At least 3 components - MUST BE TAKEN to qualify as a reimburseable meal. We ask that all students take at least 1 cup combined of fruit or vegetable to comply.



**Daily Offerings include:** Made to Order Deli, Pizza, Entree Salads, Chicken/ Mozzarella Panini all served with Hand Fruit - Apple, Orange, Banana or Cupped Fruit, 100% Fruit Juice, & 1%, FF, or Chocolate Milk.

(all milk is antibiotic & hormone free)

Should you have any questions or concerns, Please contact: Sandra Renken at

[renkens@whitsons.com](mailto:renkens@whitsons.com)










































845-526-7847 ext 1321

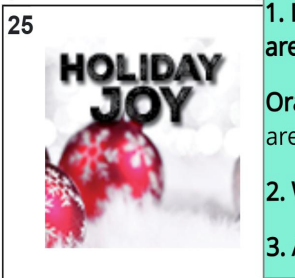
# Breakfast Menu

Putnam Valley Middle School

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Strudel  Or Soft Filled Cinnamon Toast Crunch Bar 	3 Apple Strudel  Or Chocolate Chip Muffin  Or Soft Filled Cinnamon Toast Crunch Bar 	4 Blueberry Muffin  Or Whole Grain French Toast Slices  With Syrup	5 WG Glazed Donut   Or WG Chocolate Glazed Donut 	6 Mini Cinnamon Pull Apart Roll  Or WW Honey Bun  Chocolate Chip Muffin 
9 Egg and Cheese Sandwich  Apple Strudel  Apple Slices Fresh Banana	10 Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	11 Fluffy Whole Grain Waffles  With Strawberries And Syrup Or Chocolate Chip Muffin 	12 WG Glazed Donut   Or WG Chocolate Glazed Donut 	13 Mini Cinnamon Pull Apart Roll  Or WW Honey Bun  Chocolate Chip Muffin 
16 Apple Strudel  Or Soft Filled Cinnamon Toast Crunch Bar 	17 Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	18 Blueberry Muffin  Or Whole Grain French Toast Slices  With Syrup	19 WG Glazed Donut   Or WG Chocolate Glazed Donut 	20 Mini Cinnamon Pull Apart Roll  Or WW Honey Bun  Chocolate Chip Muffin 



1. Daily Fruit Options are: Apples, whole, slices or both are offered, as well as Oranges and Petite Whole Bananas. (Petite Bananas are offered when ripe and in good condition.)  
2. WG = Whole Grain. All items are Whole Grain  
3. All juice available is 100 % Juice in a 4oz Serving

30  
**Cost of School Breakfast :**  
\$0.00 ; Adults \$2.48 + tax



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**Easiest way to Pay is MySchoolBucks.com**

Food Allergy? Please contact the school nurse.  
Questions? Contact: Sandra Renken at renkens@whitsons.com or 845-526-8747 ext 1321

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For a breakfast to be reimbursable/ free meal at least four food items must be offered.  
**Students MUST select three food items including ½ cup of fruit and/or vegetable.**

-  Vegetarian
-  Made With Natural Ingredients
-  Pork
-  Smart Choice
-  Made With Organic Ingredients

**Daily Offerings include:** WG Bagels w. Cream Cheese or Butter Blend; WG Muffins; WG Cereals offered w. Cheese Stick, Graham Cracker or Yogurt  
Fresh or Cupped Fruit, 100% Fruit Juice & Milk are offered. (Milk is antibiotic & hormone free - 1%, Skim & Chocolate)  
\*\*Yogurt is Vanilla Flavor not Plain \*\*