

Lunch Menu

Putnam Valley Middle School

February
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

2 Baked Chicken Tenders
Garden Salad Entree 🍷
Oven Baked Fries
Baby Carrots
Or Green Beans
Pineapple
Or Fresh Orange

Celery Sticks

Tuesday

3 Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy 🍷
Garden Salad Entree 🍷
Steamed Broccoli
Pineapple
Or Fresh Orange
Whole Wheat Dinner Roll
Broccoli, Cauliflower, and Carrots

Wednesday

4 Beef Hot Dog on Bun
Chicken Corn Dog
Garden Salad Entree 🍷
Oven Baked Fries
Steamed Broccoli
Or Side Garden Salad
And Pineapple
Or Fresh Orange
Brown Rice
Red Seedless Grapes

Thursday

5 Deli Bar
Crispy Tacos 🍷
Garden Salad Entree 🍷
Rice & Beans
And Sweet Corn
And Salsa
Pineapple
Or Fresh Orange
Chili Roasted Garbanzo Beans
Cucumber Slices
Pears

Friday

6 Deli Bar
Cheesy Stuffed Bread Sticks 🍷
Marinara Sauce
Garden Salad Entree 🍷
Pepperoni Pizza 🍷
Oven Baked Fries
Mixed Vegetables
Or Side Garden Salad
And Pineapple
Or Fresh Orange

9 Deli Bar
Homemade Mac & Cheese 🍷
Or Chicken Caesar Salad 🍷
Steamed Broccoli
Or Garden Salad
Fresh Apple
Or Diced Peach Cup

Cucumber Spears

10 Deli Bar
Mozzarella Stick & Chicken
Nugget Combo Meal
Chicken Caesar Salad 🍷
Mixed Vegetables
Baby Carrots
Side Salad
Fresh Apple
Honeydew and Cantaloupe Cup
Whole Wheat Dinner Roll

11 Deli Bar
Chicken Parmesan Sandwich
Crispy Chicken Garden Salad 🍷
Cherry Tomatoes
Glazed Carrots
Side Garden Salad
Strawberry Cup
Or Applesauce

Red Bell Peppers

12 Deli Bar
Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🍷
With Mild Salsa
Chicken Caesar Salad 🍷
Sauteed Corn & Black Bean Salsa
Fresh Apple

13 Deli Bar
Grilled Cheese Sandwich
Meltdown Café 🍷
Chicken Caesar Salad 🍷
Tomato Soup
Crispy Potato Puffs
Spinach Salad
Fresh Blueberries
Or Fresh Apple
BBQ Chicken Pizza 🍷
Watermelon Slices

16

WINTER

RECESS

THIS WEEK

2/16-2/20

17

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

18

WINTER

RECESS

THIS WEEK

2/16-2/20

19

WINTER

RECESS

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23 Deli Bar
Beef Hot Dog on Bun
Chicken Corn Dog
Garden Salad Entree 🍷
Oven Baked Fries
Steamed Broccoli
Or Side Garden Salad
And Pineapple
Or Fresh Orange

Zucchini Disks

24 Deli Bar
Sweet & Sour Chicken
Sauce & Toss
Crispy Chicken Garden Salad 🍷
Seasoned Rice
Mixed Vegetable Blend
Strawberry Cup
Honeydew and Cantaloupe Cup

25 Deli Bar
Beef Hot Dog on Bun
Chicken Corn Dog
Crispy Chicken Garden Salad 🍷
Baked Beans
Sauteed Zucchini
Side Garden Salad
Strawberry Cup
Or Applesauce

26 Deli Bar
Soft Tacos
Crispy Chicken Garden Salad 🍷
Seasoned Black Beans
Sweet Corn
Salsa
Strawberry Cup
Fresh Grapes
Refried Beans

Celery Sticks
Butternut Squash

27 Deli Bar
French Toast 🍷
Crispy Chicken Garden Salad 🍷
Sausage Patty
Hash Brown Potatoes
Side Garden Salad
Strawberry Cup
Or Applesauce
Meatball Pizza 🍷

Green Bell Pepper Slices
Cucumber Slices



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.

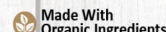
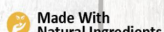
**Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

***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.



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

Lunch for Adults \$5.22+tax

































Daily Offerings include: Made to Order Deli, Pizza, Entree Salads, Chicken/ Mozzarella Panini all served with Fresh or Cupped Fruit, 100% Fruit Juice, & 1%, FF, Strawberry (if available) or Chocolate Milk. (all milk is antibiotic & hormone Free) WG=Whole Grain; Taco Meat = Turkey; Sausage= Chicken; Hot Dog = Beef
Should you have any questions or concerns,
Please contact: Food Service
845-526-7847 ext 1321

Breakfast Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Strudel  Or Mini Cinnamon Pull Apart Roll 	3 Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	4 Fluffy Whole Grain Waffles  With Strawberries And Syrup Waffle Wednesday	5 Whole Grain Donut  Donut Day!	6 Whole Grain French Toast Slices  Syrup Or WW Honey Bun  French Toast Fridays
9 Apple Strudel  Or Mini Cinnamon Pull Apart Roll 	10 Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	11 Fluffy Whole Grain Waffles  And Syrup Cinnamon Flavored Apples Waffle Wednesday	12 Whole Grain Donut  Donut Day!	13 Whole Grain French Toast Slices  Syrup Or WW Honey Bun  French Toast Fridays
16 WINTER RECESS THIS WEEK 2/16-2/20	17 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 a 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 should be selected.	18 O	19	20 WINTER RECESS THIS WEEK 2/16-2/20
23 Apple Strudel  Or Mini Cinnamon Pull Apart Roll 	24 Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	25 Fluffy Whole Grain Waffles  And Syrup Cinnamon Flavored Apples Waffle Wednesday	26 Whole Grain Donut  Donut Day!	27 Whole Grain French Toast Slices  Syrup Or WW Honey Bun  French Toast Fridays

Egg Sandwiches are offered daily: Bacon, Egg & Cheese or Egg & Cheese or Sausage (Chicken), Egg & Cheese



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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.

Adult Breakfast: \$3.49+tax

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 & Strawberry if available) WG = Whole Grain. Sausage is Chicken. Bacon = Pork
**Yogurt is Vanilla Flavor not Plain ** Food Service Office- 845-526-7847 ext 1321

