

Lunch Menu

Putnam Valley Middle School

March 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Chicken Tenders Garden Salad Entree 🍷 Oven Baked Fries Baby Carrots Or Green Beans Pineapple Or Fresh Orange Celery Sticks	3 Chicken Bowl with Gravy <i>chicken layered with mashed potatoes and corn, smothered in gravy</i> 🍷 Garden Salad Entree 🍷 Steamed Broccoli Pineapple Or Fresh Orange Whole Wheat Dinner Roll Broccoli, Cauliflower, and Carrots	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	5 Deli Bar Crispy Tacos 🍷 Garden Salad Entree 🍷 Rice & Beans And Sweet Corn And Salsa Pineapple Or Fresh Orange Chili Roasted Garbanzo Beans	6 Deli Bar Cheesy Stuffed Bread Sticks 🍷 Marinara Sauce Garden Salad Entree 🍷 Pepperoni Pizza P 🍷 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 Green Bell Pepper Slices Butternut Squash	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 Watermelon Slices	12 Deli Bar Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese</i> 🍷 With Mild Salsa Chicken Caesar Salad 🍷 Sauteed Corn & Black Bean Salsa Fresh Apple Zucchini Disks	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 🍷 Celery Sticks
16 Deli Bar Baked Chicken Tenders Garden Salad Entree 🍷 Oven Baked Fries Baby Carrots Or Green Beans Pineapple Or Fresh Orange Cucumber Slices	17 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 Brown Rice	18 Deli Bar Chicken Bowl with Gravy <i>chicken layered with mashed potatoes and corn, smothered in gravy</i> 🍷 Garden Salad Entree 🍷 Steamed Broccoli Pineapple Or Fresh Orange Whole Wheat Dinner Roll	19 Deli Bar Crispy Tacos 🍷 Garden Salad Entree 🍷 Rice & Beans And Sweet Corn And Salsa Pineapple Or Fresh Orange Chili Roasted Garbanzo Beans Cucumber Spears	20 Deli Bar Cheesy Stuffed Bread Sticks 🍷 Marinara Sauce Garden Salad Entree 🍷 Pepperoni Pizza P 🍷 Oven Baked Fries Mixed Vegetables Or Side Garden Salad And Pineapple Or Fresh Orange
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 Cucumber Slices	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 Red Bell Peppers	26 Deli Bar Soft Tacos Crispy Chicken Garden Salad 🍷 Seasoned Black Beans Sweet Corn Salsa Strawberry Cup Fresh Grapes Refried Beans Pears	27 Deli Bar French Toast 🍷 Crispy Chicken Garden Salad 🍷 Sausage Patty Hash Brown Potatoes Side Garden Salad Strawberry Cup Or Applesauce Meatball Pizza 🍷
30 Spring Recess	31 Spring Recess	<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. Easiest way to pay: MySchoolBucks.com</p>		



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.

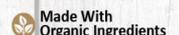
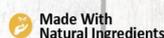
**Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

***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 reimburseable
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  <i>French Toast Fridays</i>
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  <i>French Toast Fridays</i>
16 Apple Strudel  Or Mini Cinnamon Pull Apart Roll 	17 Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	18 Fluffy Whole Grain Waffles  With Strawberries And Syrup Waffle Wednesday	19 Whole Grain Donut  Donut Day!	20 Whole Grain French Toast Slices  Syrup Or WW Honey Bun  <i>French Toast Fridays</i>
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  <i>French Toast Fridays</i>

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 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.

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

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.**

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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**

