# Lunch Menu

civil rights regulations and policies, this institution is prohibited from discriminating on

### **Putnam Valley Middle School**

2025

#### WHITSONS FAMILY OF COMPANIES WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mozzarella Stick & Chicken Nugget Combo Meal Chicken Caesar Salad & Mixed Vegetables Baby Carrots Side Salad Fresh Apple Honeydew and Cantaloupe Cup	Beef Hot Dog on Bun Chicken Corn Dog Crispy Chicken Garden Salad Beans Baked Beans Sauteed Zucchini Side Garden Salad Strawberry Cup Or Applesauce	Deli Bar Buffalo Chicken Tenders Crispy Chicken Garden Salad All With Oven Baked Fries And Side Salad With Organic Applesauce Or Fresh Orange Butternut Squash Cucumber Slices	A Deli Bar Nachos Grande  With Mild Salsa Crispy Chicken Garden Salad  Sauteed Corn & Black Bean Salsa Or Side Salad Fresh Orange Or Organic Applesauce Celery Sticks	Deli Bar Homemade Mac & Cheese  Crispy Chicken Garden Salad Dinner Rolls Steamed Broccoli Garden Salad Organic Applesauce Or Fresh Orange Green Bell Pepper Slices
8 Deli Bar Cheeseburger Or NY Beef Burger Garden Salad Entree Oven Baked Fries Baby Carrots Or Green Beans Pineapple Or Fresh Orange Celery Sticks	9 Deli Bar Chicken Bowl with Gravy chicken layered with mashed potatoes and corn, smothered in gravy Garden Salad Entree Steamed Broccoli Pineapple Or Fresh Orange Broccoli, Cauliflower, and Carrots	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 Red Seedless Grapes	Deli Bar Crispy Tacos  Garden Salad Entree  Rice & Beans And Sweet Corn And Salsa Pineapple Or Fresh Orange Pears Cucumber Slices	Deli Bar Cheesy Stuffed Bread Sticks Marinara Sauce Garden Salad Entree Oven Baked Fries Mixed Vegetables Or Side Garden Salad And Pineapple Or Fresh Orange
15 Deli Bar Homemade Mac & Cheese  Or Chicken Caesar Salad Steamed Broccoli Or Garden Salad Fresh Apple Or Diced Peach Cup Cucumber Spears	Deli Bar Mozzarella Stick & Chicken Nugget Combo Meal Chicken Caesar Salad & Mixed Vegetables Baby Carrots Side Salad Fresh Apple Honeydew and Cantaloupe Cup	Deli Bar Chicken Parmesan Sandwich Crispy Chicken Garden Salad Cherry Tomatoes Glazed Carrots Side Garden Salad Strawberry Cup Or Applesauce Red Bell Peppers	18 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	Deli Bar Grilled Cheese Sandwich Meltdown Café  Chicken Caesar Salad  Tomato Soup Crispy Potato Puffs Spinach Salad Fresh Blueberries Or Fresh Apple Watermelon Slices
Deli Bar BBQ Chicken Sliders Crispy Chicken Garden Salad Sweet Potato Fries Fresh Cucumber Salad Or Fresh Baby Carrots Strawberry Cup Or Applesauce Zucchini Disks	Deli Bar Sweet & Sour Chicken Sauce & Toss Crispy Chicken Garden Salad Seasoned Rice Mixed Vegetable Blend Strawberry Cup Honeydew and Cantaloupe Cup	HOLIDAY RECESS	HOLIDAY RECESS	HOLIDAY RECESS
29 HOLIDAY RECESS	HOLIDAY RECESS	31  HOIDAY 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	
the web at www.FDMeal *Consuming raw or under shellfish or eggs may ince	er cooked meat, poultry, seafood, crease your risk of food borne have certain medical conditions. tice posted od allergy, or lil rights law ure (USDA)	Five or more compotents 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	Meat = Turkey; Sausage= Chicke	rved with Fresh or Cupped Fruit,  vberry (if available) or Chocolate  one Free) WG=Whole Grain; Taco  en; Hot Dog = Beef

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.

Pork

Smart Choice

Made With Organic Ingredients

## Breakfast Menu

#### **Putnam Valley Middle School**

December 2025

## WHITSONS FAMILY OF COMPANIES WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
1 Apple Strudel 🚱 Or Mini Cinnamon Pull Apart Roll 🚱	2 Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins	3 Fluffy Whole Grain Waffles  With Strawberries  And Syrup	•	5 Whole Grain French Toast Slices Syrup Or WW Honey Bun
		Waffle Wednesday	Donut Day!	French Toast Fridays
8 Apple Strudel  Or Mini Cinnamon Pull Apart Roll	9 Blueberry Muffin P Or Chocolate Chip Muffin P Or Homemade Muffins P	10 Fluffy Whole Grain Waffles  And Syrup Cinnamon Flavored Apples	11 Whole Grain Donut 🔗	12 Whole Grain French Toast Slices  Syrup Or WW Honey Bun
		Waffle Wednesday	Donut Day!	French Toast Fridays
15 Apple Strudel 🚱 Or Mini Cinnamon Pull Apart Roll 🚱	16 Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins	17 Fluffy Whole Grain Waffles  With Strawberries  And Syrup	18 Whole Grain Donut 🔗	19 Whole Grain French Toast Slices  Syrup Or WW Honey Bun
		Waffle Wednesday	Donut Day!	French Toast Fridays
22 Apple Strudel 🚱 Or Mini Cinnamon Pull Apart Roll 🚱	Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins	24 HOLIDAY RECESS	25 HOLIDAY RECESS	26 HOLIDAY RECESS
29 HOLIDAY RECESS	30 HOLDAY RECESS	31 HOLIDAY RECESS	All students are eligible for One free breakfast and lunch each school day.  Snacks, extra portions, second meals, second entrees, and second	
	eimbursable/free meal at lea ne 4 MUST be selected and 1/	l I	beverages will be available for purch balance to purchase any snack, seco MySchoolBucks.com	hase. Students MUST have a positive onds or extras. Easiest way to pay:
Egg Sandv	riches are offered daily: Bac	on, Egg & Cheese or Egg & (	Cheese or Sausage (Chicken	n), 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		For a breakfast to be reimbursable/ free meal at least four food items must be	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	

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

illness, especially if you have certain medical conditions.

\*\*\*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



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. (M)ilk 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* 

Vegetarian







