

# Lunch Menu

Putnam Valley Middle School

January 2025

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

Monday

Tuesday

Wednesday

Thursday

Friday

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 is MySchoolBucks.com

Cost of Lunch: Adults \$5.03+ tax; Students \$0.00



6 Deli Bar  
Belgian Waffle with Caramelized Apples   
Garden Salad Entree   
Sausage Patty  
Orange Glazed Carrots  
Or Garden Salad  
Pineapple Cup  
Or Fresh Orange

7 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

8 Deli Bar  
Chicken Parmesan Sandwich  
Garden Salad Entree   
Oven Baked Fries  
Mixed Vegetables  
Or Side Garden Salad  
And Pineapple  
Or Fresh Orange

9 Deli Bar  
Crispy Tacos  
Garden Salad Entree   
Rice & Beans  
And Sweet Corn  
And Salsa  
Pineapple  
Or Fresh Orange

10 Deli Bar  
Cheeseburger  
Or NY Beef Burger  
Garden Salad Entree   
Oven Baked Fries  
Baby Carrots  
Or Green Beans  
Pineapple  
Or Fresh Orange

13 Deli Bar  
Homemade Mac & Cheese   
Or Chicken Caesar Salad   
Garlic Green Beans  
Side Garden Salad  
Diced Peach Cup  
Or Fresh Apple

14 Deli Bar  
Mozzarella Stick & Chicken  
Nugget Combo Meal  
Chicken Caesar Salad   
Mixed Vegetables  
Baby Carrots  
Or Side Salad  
Diced Peach Cup  
Or Fresh Apple

15 Deli Bar  
Homemade Chicken & Broccoli Alfredo   
Alfredo Pasta   
Chicken Caesar Salad   
Steamed Broccoli  
Or Garden Salad  
Fresh Apple  
Or Diced Peach Cup

16 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  
Diced Peach Cup  
Or Fresh Apple

17 Deli Bar  
Grilled Cheese Sandwich  
Meltdown Café   
Chicken Caesar Salad   
Tomato Soup  
Crispy Potato Puffs  
Spinach Salad  
Diced Peach Cup  
Or Fresh Apple

20   
MARTIN LUTHER KING JR. DAY

21 Deli Bar  
Sweet & Sour Chicken  
Sauce & Toss  
Crispy Chicken Garden Salad   
Hawaiian Pineapple Fried Rice  
Mixed Vegetable Blend  
Strawberry Cup  
Or Applesauce

22 Deli Bar  
Cinnamon French Toast  
Crispy Chicken Garden Salad   
Sausage Patty  
Hash Brown Potatoes  
Side Garden Salad  
Strawberry Cup  
Or Applesauce

23 Deli Bar  
Soft Tacos  
Crispy Chicken Garden Salad   
Seasoned Black Beans  
Sweet Corn  
Salsa  
Strawberry Cup  
Or Applesauce

24 Deli Bar  
BBQ Chicken Sliders  
Crispy Chicken Garden Salad   
Sweet Potato Fries  
Fresh Cucumber Salad  
Or Fresh Baby Carrots  
Strawberry Cup  
Or Applesauce

27 Deli Bar  
Cheesy Stuffed Bread Sticks   
Marinara Sauce Dip  
Classic Chef Salad   
Steamed Broccoli  
Or Garden Salad  
Applesauce  
Fresh Fruit Cup

28 Deli Bar  
BBQ Chicken Sauce & Toss  
Or Honey Mustard Chicken Sauce & Toss  
Or Garden Salad Entree   
Or Mixed Vegetables  
Or Side Garden Salad  
And Pineapple  
Or Fresh Orange

29   
2025 HAPPY YEAR OF THE SNAKE

30 Deli Bar  
Nachos Grande  
*tortilla chips topped with freshly prepared mexi style meat and cheese*   
Garden Salad Entree   
With Mild Salsa  
Sauteed Corn & Black Bean Salsa  
Fresh Orange  
Fresh Fruit Cup

31 Deli Bar  
Homemade Baked Pasta with Cheese   
Classic Chef Salad   
Steamed Broccoli  
Or Garden Salad  
Fresh Fruit Cup  
Or Fresh Orange

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.

Vegetarian Made With Natural Ingredients

**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, 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

Pork

Choice

Made With Organic Ingredients



# Breakfast Menu

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Cost of Breakfast: Adults \$2.48 + tax; Students

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

2 WG Glazed Donut   
Or WG Chocolate Glazed Donut

3 Mini Cinnamon Pull Apart Roll   
Or WW Honey Bun   
Chocolate Chip Muffin

6 Apple Strudel   
Or Soft Filled Cinnamon Toast Crunch Bar

7 Blueberry Muffin   
Or Chocolate Chip Muffin   
Or Homemade Muffins

8 Fluffy Whole Grain Waffles   
With Strawberries And Syrup  
Or Chocolate Chip Muffin

9 WG Glazed Donut   
Or WG Chocolate Glazed Donut

10 Mini Cinnamon Pull Apart Roll   
Or WW Honey Bun   
Chocolate Chip Muffin

13 Apple Strudel   
Or Soft Filled Cinnamon Toast Crunch Bar

14 Blueberry Muffin   
Or Chocolate Chip Muffin   
Or Homemade Muffins

15 Blueberry Muffin   
Or Whole Grain French Toast Slices   
With Syrup

16 WG Glazed Donut   
Or WG Chocolate Glazed Donut

17 Mini Cinnamon Pull Apart Roll   
Or WW Honey Bun   
Chocolate Chip Muffin

20   
MARTIN LUTHER KING JR. DAY

21 Blueberry Muffin   
Or Chocolate Chip Muffin   
Or Homemade Muffins

22 Fluffy Whole Grain Waffles   
With Strawberries And Syrup  
Or Chocolate Chip Muffin

23 WG Glazed Donut   
Or WG Chocolate Glazed Donut

24 Mini Cinnamon Pull Apart Roll   
Or WW Honey Bun   
Chocolate Chip Muffin

27 Apple Strudel   
Or Soft Filled Cinnamon Toast Crunch Bar

28 Blueberry Muffin   
Or Chocolate Chip Muffin   
Or Homemade Muffins

29   
2025 HAPPY YEAR OF THE SNAKE

30 WG Glazed Donut   
Or WG Chocolate Glazed Donut

31 Mini Cinnamon Pull Apart Roll   
Or WW Honey Bun   
Chocolate Chip Muffin

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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.**

**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)  
WG = Whole Grain

\*\*Yogurt is Vanilla Flavor not Plain \*\* Sandra Renken - 845-526-7847 ext 1321; renkens@whitsons.com

