

# Lunch Menu

## Putnam Valley Middle School

February  
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  
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

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  
Cucumber Slices  
Pears

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  
Sautéed 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  
19

20  
WINTER  
RECESS  
THIS WEEK  
2/16-2/20

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  
Sautéed 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](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. 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

Vegetarian

Made With  
Natural Ingredients

Pork

Smart  
Choice

Made With  
Organic Ingredients

Daily Offerings include: Made to Order Deli, Pizza, Entree Salads, Chicken/ Mozzarella Panini all served with Fresh or Canned 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

## Putnam Valley Middle School

February  
2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

### Monday

2 Apple Strudel   
Or Mini Cinnamon Pull Apart Roll 

### Tuesday

3 Blueberry Muffin   
Or Chocolate Chip Muffin   
Or Homemade Muffins 

### Wednesday

4 Fluffy Whole Grain Waffles   
With Strawberries And Syrup

**Waffle Wednesday**

### Thursday

5 Whole Grain Donut   
  
**Donut Day!**

### Friday

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  
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18

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.

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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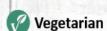


For a breakfast to be reimbursable/ free meal at least four food items must be offered. Students MUST select three food items including 1/2 cup of fruit and/or vegetable.

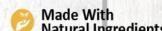
Adult Breakfast: \$3.49+tax

**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



Vegetarian



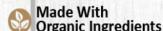
Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients