

# Lunch Menu

## Putnam Valley Middle School

September  
2025

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

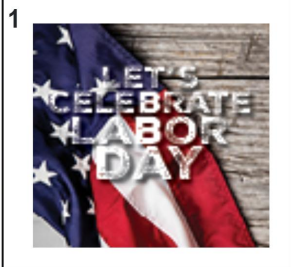
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



8 Deli Bar  
Cheeseburger  
Or NY Beef Burger  
Garden Salad Entree 🍷  
  
Oven Baked Fries  
Baby Carrots  
Or Green Beans  
Pineapple

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

22 Deli Bar  
Beef Chicken Sliders  
Crispy Chicken  
Garden Salad 🍷  
Sweet Potato Fries  
Fresh Cucumber Salad  
Or Fresh Baby Carrots  
Strawberry Cup

29 Deli Bar  
Cheesy Stuffed Bread Sticks 🍷  
Marinara Sauce Dip  
Classic Chef Salad 🍷  
  
Steamed Broccoli  
Or Garden Salad  
Applesauce

2 Deli Bar  
Whole Grain Pancakes with Sausage  
Crispy Chicken  
Garden Salad 🍷  
Crispy Potato Puffs  
Glazed Carrots  
Garden Salad

9 Deli Bar  
Chicken Bowl with Gravy  
*chicken layered with mashed potatoes and corn, smothered in gravy* 🍷  
Garden Salad Entree 🍷  
Steamed Broccoli

16 Deli Bar  
Mozzarella Stick & Chicken Nugget Combo Meal  
Chicken Caesar Salad 🍷  
Mixed Vegetables  
Baby Carrots  
Or Side Salad

23 Deli Bar  
Sweet & Sour  
Chicken Sauce & Toss  
Crispy Chicken  
Garden Salad 🍷  
Seasoned Rice  
Mixed Vegetable Blend  
Strawberry Cup

30 Or Homemade Pasta & Meatballs 🍷  
Pasta with Sauce  
Or Chicken Caesar Salad 🍷  
Mixed Vegetables  
Or Garden Salad  
Fresh Apple  
Or Diced Peach Cup

3 Deli Bar  
Chicken Nuggets  
Crispy Chicken  
Garden Salad 🍷  
All With Oven Baked Fries  
And Side Salad  
With Organic Applesauce

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

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

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

4 Deli Bar  
Nachos Grande 🍷  
With Mild Salsa  
Crispy Chicken  
Garden Salad 🍷  
Sauteed Corn & Black Bean Salsa  
Or Side Salad  
Fresh Orange

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

18 Deli Bar  
Nachos Grande  
*tortilla chips topped with freshly prepared mexi style meat and cheese* 🍷  
With Mild Salsa  
Chicken Caesar Salad 🍷  
Sauteed Corn &

25 Deli Bar  
Soft Tacos  
Crispy Chicken  
Garden Salad 🍷  
Seasoned Black Beans  
Sweet Corn  
Salsa  
Strawberry Cup

5 Deli Bar  
Homemade Mac & Cheese 🍷  
Crispy Chicken  
Garden Salad 🍷  
Dinner Rolls  
Steamed Broccoli  
Garden Salad  
Organic Applesauce

12 Deli Bar  
Cheesy Stuffed Bread Sticks 🍷  
Marinara Sauce  
Garden Salad Entree 🍷  
  
Oven Baked Fries  
Mixed Vegetables  
Or Side Garden Salad

19 Deli Bar  
Grilled Cheese  
Sandwich Meltdown  
Café 🍷  
Chicken Caesar Salad 🍷  
Tomato Soup  
Crispy Potato Puffs  
Spinach Salad

26 Deli Bar  
Cinnamon French Toast 🍷  
Crispy Chicken  
Garden Salad 🍷  
Sausage Patty  
Hash Brown Potatoes  
Side Garden Salad  
Strawberry Cup

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**



View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

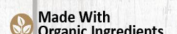
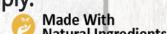
\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*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  
a 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.



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

Putnam Valley Middle School

September 2025

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 	<b>2</b> Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	<b>3</b> Fluffy Whole Grain Waffles  With Strawberries And Syrup <b>Waffle Wednesday</b>	<b>4</b> Whole Grain Donut   <b>Donut Day!</b>	<b>5</b> Whole Grain French Toast Slices  Syrup Or WW Honey Bun  <b>French Toast Fridays</b>
<b>8</b> Apple Strudel  Or Mini Cinnamon Pull Apart Roll 	<b>9</b> Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	<b>10</b> Fluffy Whole Grain Waffles  And Syrup Cinnamon Flavored Apples <b>Waffle Wednesday</b>	<b>11</b> Whole Grain Donut  <b>Donut Day!</b>	<b>12</b> Whole Grain French Toast Slices  Syrup Or WW Honey Bun  <b>French Toast Fridays</b>
<b>Egg Sandwiches are offered daily: Bacon, Egg &amp; Cheese or Egg &amp; Cheese or Sausage (Chicken), Egg &amp; Cheese</b>				
<b>15</b> Apple Strudel  Or Mini Cinnamon Pull Apart Roll 	<b>16</b> Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	<b>17</b> Fluffy Whole Grain Waffles  With Strawberries And Syrup <b>Waffle Wednesday</b>	<b>18</b> Whole Grain Donut  <b>Donut Day!</b>	<b>19</b> Whole Grain French Toast Slices  Syrup Or WW Honey Bun  <b>French Toast Fridays</b>
<b>22</b> Apple Strudel  Or Mini Cinnamon Pull Apart Roll 	<b>23</b> Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	<b>24</b> Fluffy Whole Grain Waffles  And Syrup Cinnamon Flavored Apples <b>Waffle Wednesday</b>	<b>25</b> Whole Grain Donut  <b>Donut Day!</b>	<b>26</b> Whole Grain French Toast Slices  Syrup Or WW Honey Bun  <b>French Toast Fridays</b> 
<b>29</b> Apple Strudel  Or Soft Filled Cinnamon Toast Crunch Bar 	<b>30</b> Blueberry Muffin  Or Chocolate Chip Muffin  Or Homemade Muffins  	<b>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 <b>MUST</b> have a positive balance to purchase any snack, seconds or extras. <b>Easiest way to Pay is MySchoolBucks.com</b></b>		<b>Food Allergy? Please contact the school nurse. Questions? Contact:</b> <b>Food Service at 845-526-8747 ext 1321</b>
		<b>Cost of Breakfast: Adults \$2.48 + tax; Students \$0.00</b>		



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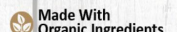
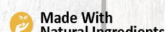
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For a breakfast to be reimbursable/ free meal at least four food items must be offered.

**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. (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 \*\* **Sandra Renken - 845-526-7847 ext 1321; [renkens@whitsons.com](mailto:renkens@whitsons.com)**