

Lunch Menu

Putnam Valley Middle School

May
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

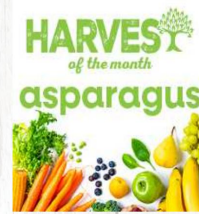
Tuesday

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: MySchoolBucks.com



1 Deli Bar
Cheesy Stuffed Bread Sticks
Marinara Sauce Dip
Broccoli Florets
Or Side Garden Salad
Fresh Orange

4 Deli Bar
Cheeseburger
NY Beef Burger
Sweet Potato Fries
Apple Slices

5 Deli Bar
Chicken Bowl with Gravy
Sweet Corn
Whole Wheat Dinner Roll
Fresh Banana

6 Deli Bar
Mozzarella Stick & Chicken Nugget Combo Meal
Marinara Sauce Dip
Green Beans
Steamed Carrots
Fresh Green Grapes

7 Deli Bar
Soft Tacos
Crispy Tacos
Seasoned Black Beans
Salsa
Honeydew and Cantaloupe Cup

8 Deli Bar
Homemade Pasta & Meat Sauce
Whole Wheat Dinner Roll
Sautéed Spinach
Side Garden Salad
Pineapple

11 Deli Bar
Grilled Cheese Sandwich Meltdown
Café
Tomato Soup
Fresh Pear

12 Deli Bar
Beef Hot Dog on Bun
Oven Baked Fries
Cinnamon Applesauce

13 Deli Bar
Chicken Parmesan Sandwich
Steamed Broccoli
Side Garden Salad
Fresh Banana

14 Deli Bar
Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Fiesta Corn
Fresh Orange

15 Deli Bar
Homemade Mac & Cheese
Baked Sweet Potato
Watermelon Slices

18 Deli Bar
Baked Chicken Tenders
Fluffy Whole Grain Waffles
Syrup
Crispy Potato Puffs
100% Juice Fruit Punch

19 Deli Bar
Meatball Hero
Meatball Sandwich
Steamed Broccoli
Apple Slices

20 Deli Bar
Sweet & Sour Chicken Sauce & Toss
Seasoned Rice
Glazed Carrots
Fresh Blueberries

21 Deli Bar
Chicken & Cheese Quesadilla
Two Cheese Quesadilla
Black Beans
Salsa
Sour Cream
Pineapple Cup

22 Deli Bar
French Toast
Sausage Patty
Syrup
Hash Brown Potatoes
Cinnamon Applesauce

25 MEMORIAL DAY

26 Crispy Chicken Sandwich
Spicy Chicken Sandwich
Sweet Potato Fries
Fresh Apple

27 Homemade Baked Pasta with Cheese
Homemade Garlic Bread
Sautéed Spinach
Side Garden Salad
Strawberries

28 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese
Salsa
Kidney Beans
Fresh Green Grapes

29 Tot Spot's Loaded Tater Tots
crispy tater tots topped with creamy cheese sauce and bacon with a sour cream and scallion garnish
Honeydew and Cantaloupe Cup

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.



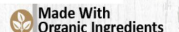
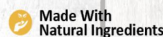
All meals include:

Protein, Grain, Vegetable, Fruit & Milk

Lunch for Adults
\$5.22+tax

Daily Offerings Include: Made to Order Deli, Assorted Pizza, Entree Salads, Chicken/Mozzarella Panini & Fruity Granola Parfait, all served with Fresh or Cupped Fruit, 100% Fruit Juice, & 1% or Fat Free Chocolate Milk.

Should you have any questions or concerns, Please contact: Food Service
845-526-7847 ext 1321



Breakfast Menu

Putnam Valley Middle School

May 2026

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1 Whole Grain French Toast Slices 
Syrup
Or
WW Honey Bun 

4 Apple Strudel 
Or Mini Cinnamon Pull Apart Roll 

5 Blueberry Muffin 
Or Chocolate Chip Muffin 
Or Homemade Muffins  

6 Fluffy Whole Grain Waffles 
And Syrup
Cinnamon Flavored Apples


Waffle Wednesday

7 Whole Grain Donut 

Donut Day!

8 Whole Grain French Toast Slices 
Syrup
Or
WW Honey Bun 


French Toast Fridays

11 Apple Strudel 
Or Mini Cinnamon Pull Apart Roll 

12 Blueberry Muffin 
Or Chocolate Chip Muffin 
Or Homemade Muffins  

13 Fluffy Whole Grain Waffles 
With Strawberries And Syrup


Waffle Wednesday

14 Whole Grain Donut 


Donut Day!

15 Whole Grain French Toast Slices 
Syrup
Or
WW Honey Bun 


French Toast Fridays

18 Apple Strudel 
Or Mini Cinnamon Pull Apart Roll 


19 Blueberry Muffin 
Or Chocolate Chip Muffin 
Or Homemade Muffins  

20 Fluffy Whole Grain Waffles 
And Syrup
Cinnamon Flavored Apples

Waffle Wednesday





21 Whole Grain Donut 

Donut Day!

22 Whole Grain French Toast Slices 
Syrup
Or
WW Honey Bun 


French Toast Fridays



25 
MEMORIAL DAY

26 Blueberry Muffin 
Or Chocolate Chip Muffin 
Or Homemade Muffins  

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

27 Fluffy Whole Grain Waffles 
And Syrup
Cinnamon Flavored Apples

28 Whole Grain Donut 

29 Whole Grain French Toast Slices 
Syrup
Or
WW Honey Bun 

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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

