

# Lunch Menu

Putnam Valley Elementary School

October 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM



Monday

Tuesday

Wednesday

Thursday

Friday

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

1 Crispy Popcorn Chicken With BBQ Sauce  
Ham & Cheese Sandwich   
Chicken Caesar Salad   
Seasoned Rice  
Green Beans  
Apple Slices  
Fresh Orange

2 Homemade Pasta & Meatballs   
With Grated Parmesan Cheese  
Ham & Cheese Sandwich   
Chicken Caesar Salad   
Mixed Vegetables  
Or Side Garden Salad  
Apple Slices  
Fresh Orange

3 **Closed to Observe:** 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](https://www.myschoolbucks.com)

4 **Rosh Hashanah** 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](https://www.myschoolbucks.com)

7 Turkey & Cheese Sandwich  
Crispy Chicken Garden Salad   
Whole Wheat Dinner Roll  
Steamed Broccoli  
Apple Slices  
Diced Peach Cup

8 Chicken Nuggets  
Turkey & Cheese Sandwich  
Crispy Chicken Garden Salad   
Oven Baked Fries  
Glazed Carrots  
Fresh Apple  
Diced Peach Cup

9 Beef Hot Dog on Bun  
Turkey & Cheese Sandwich  
Crispy Chicken Garden Salad   
Crispy Potato Puffs  
Baked Beans  
Green Beans  
Diced Peach Cup  
Apple Slices

10 Crispy Tacos Or Soft Tacos With Mild Salsa  
Turkey & Cheese Sandwich  
Crispy Chicken Garden Salad   
Sweet Corn  
Confetti Black Bean Salad  
Diced Peach Cup  
Fresh Apple

11 Classic Cheese Pizza   
Turkey & Cheese Sandwich  
Crispy Chicken Garden Salad   
Chilled Red Pepper Strips  
Or Side Garden Salad  
Fresh Apple  
Or Diced Peach Cup

14   
**Celebrate National School Lunch Week with Us!! October 14th - 18th**

15 Crispy Popcorn Chicken BBQ Sauce  
Ham & Cheese Sandwich   
Buffalo Chicken Salad with Dinner Rolls   
Mashed Potatoes  
Brown Gravy  
Green Beans  
Fruit Salad  
Fresh Orange

16 Cheeseburger Ham & Cheese Sandwich   
Buffalo Chicken Salad with Dinner Rolls   
With Baked Beans  
Or Oven Baked Fries  
And Side Garden Salad  
Fruit Salad  
Fresh Orange

17 Cinnamon French Toast   
Syrup  
Ham & Cheese Sandwich   
Buffalo Chicken Salad with Dinner Rolls   
Egg Patty  
Sautéed Cinnamon Apple Slices  
Orange Glazed Carrots  
Fruit Salad

18 Cheese Pizza   
Ham & Cheese Sandwich   
Buffalo Chicken Salad with Dinner Rolls   
Cucumber Coins  
Or Side Garden Salad  
Fruit Salad  
Fresh Orange  
**Homemade Pizza**

21 Grilled Cheese Sandwich  
Meltdown Café   
Turkey & Cheese Sandwich  
Chicken Caesar Salad   
Crispy Potato Puffs  
Tomato Soup  
Fresh Baby Carrots  
Sweet Corn  
Apple Slices  
Strawberry Cup

22 Crispy Chicken Sandwich   
Turkey & Cheese Sandwich  
Chicken Caesar Salad   
Oven Baked Fries  
And Glazed Carrots  
Apple Slices  
Strawberry Cup

23 Pasta with Meat Sauce   
Turkey & Cheese Sandwich  
Chicken Caesar Salad   
Mixed Vegetables  
Or Side Garden Salad  
Whole Wheat Dinner Roll  
Apple Slices  
Strawberry Cup

24 Soft Tacos With Mild Salsa  
Turkey & Cheese Sandwich  
Chicken Caesar Salad   
All With Sweet Corn  
And Confetti Black Bean Salad  
Apple Slices  
Strawberry Cup

25 Cheese Pizza   
Turkey & Cheese Sandwich  
Chicken Caesar Salad   
Cucumber Coins  
Side Garden Salad  
Apple Slices  
Strawberry Cup

28 Cheesy Stuffed Bread Sticks   
Marinara Sauce Dip  
Ham & Cheese Sandwich   
Crispy Chicken Garden Salad   
Crispy Potato Puffs  
Steamed Broccoli  
Fresh Orange  
Apple Slices

29 Chicken Nugget & Mozzarella Stick Combo  
Ham & Cheese Sandwich   
Crispy Chicken Garden Salad   
Oven Baked Fries  
Sweet Corn  
Fresh Orange  
Apple Slices

30 Chicken Corn Dog  
Ham & Cheese Sandwich   
Crispy Chicken Garden Salad   
Baked Beans  
Cucumber Coins  
Green Beans  
Fresh Orange  
Apple Slices

31 Fluffy Whole Grain Waffles   
With Syrup  
Ham & Cheese Sandwich   
Crispy Chicken Garden Salad   
Fresh Baby Carrots  
Sausage Patty  
Glazed Carrots  
Cinnamon Applesauce

**Enjoy 'Brunch for Lunch' with Us on the 17th and 31st**

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.



All meal include: Entree, Vegetables, Fruit, Juice & Milk.

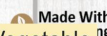
**Allergies: please speak with the School Nurse**

Questions: Please contact Sandra Renken at [renkens@whitsons.com](mailto:renkens@whitsons.com)



Items Available Daily:

Sunbutter & Jelly Sandwich on WG Bread, or American Cheese Sandwich on WG Bread  
Bagel Meal = WG Bagel, Yogurt Cup, Cream Cheese or Butter w. Cheese Stick  
100% Fruit Juice - 4oz  
Choice of Hormone/ Antibiotic Free Milk in 1%, Skim or Chocolate Milk  
Hand and Cupped Fruit  
Side Salad or Bagged, Uncooked Vegetable



# Breakfast Menu

Putnam Valley Elementary School

October  
2024

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

## Monday

Cost of  
School Breakfast  
: \$0.00 ; Adults  
\$2.48 + tax

## Tuesday

- 1 Strawberry Pop Tart  
Or  
Brown Sugar Cinnamon  
Pop Tart

## Wednesday

- 2 Maple Mini Waffles   
Or Mini Blueberry Bash  
Waffles 



Waffle Wednesday

## Thursday

### School Closed to Observe: Rosh Hashanah

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## Friday



- 7 Blueberry Muffin   
Or Chocolate Chip  
Muffin 

Muffin Monday!

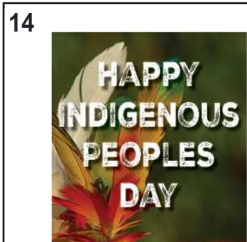
- 8 Strawberry Pop Tart  
Or  
Brown Sugar Cinnamon  
Pop Tart

- 9 Maple Mini Waffles   
Or Mini Blueberry Bash  
Waffles 

Waffle Wednesday

- 10 Sausage, Egg and  
Cheese Sandwich  
Or Sausage and Cheese  
Sandwich  
Or Blueberry Muffin   
Or Chocolate Chip  
Muffin 

- 11 Mini Cinnamon Pull  
Apart Roll   
Or WW Honey Bun   
Or Soft Filled Cinnamon  
Toast Crunch Bar 









- 15 Strawberry Pop Tart  
Or  
Brown Sugar Cinnamon  
Pop Tart

- 16 Maple Mini Waffles   
Or Mini Blueberry Bash  
Waffles 



Waffle Wednesday

- 17 Sausage and Cheese  
Sandwich  
Or Egg and Cheese  
Sandwich   
Or Blueberry Muffin   
Or Chocolate Chip  
Muffin 

- 18 Apple Strudel   
Or WW Honey Bun   
Or Mini Cinnamon Pull  
Apart Roll 




- 21 Blueberry Muffin   
Or Chocolate Chip  
Muffin 

Muffin Monday!

- 22 Strawberry Pop Tart  
Or  
Brown Sugar Cinnamon  
Pop Tart

- 23 Maple Mini Waffles   
Or Mini Blueberry Bash  
Waffles 

Waffle Wednesday

- 24 Bacon, Egg and Cheese  
Breakfast Sandwich   
Or Sausage and Cheese  
Sandwich  
Or Round Granola  
Breakfast Bar   
Or Strawberry Nutri-  
Grain Bar 

- 25 Mini Cinnamon Pull  
Apart Roll   
Or Blueberry Muffin   
Or Chocolate Chip  
Muffin 




- 28 Blueberry Muffin   
Or Chocolate Chip  
Muffin 

Muffin Monday!

- 29 Strawberry Pop Tart  
Or  
Brown Sugar Cinnamon  
Pop Tart

- 30 Maple Mini Waffles   
Or Mini Blueberry Bash  
Waffles 

Waffle Wednesday

- 31 Sausage and Cheese  
Sandwich  
Or Egg and Cheese  
Sandwich   
Or Blueberry Muffin   
Or 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 for the meal to be reimbursable



### Additional Daily Offerings:

WG Bagel w. Cream Cheese or Butter  
Assorted WG Cereals w. Cheese Stick or Graham Cracker. Fresh hand or Cut fruit; 100 % Fruit Juice and Milk (all milk is Antibiotic/ Hormone Free - 1%; Skim and Chocolate)

Questions: please contact Sandra Renken at [renkens@whitsons.com](mailto:renkens@whitsons.com) 845-526-7847 ext 1321

