

# Lunch Menu

Putnam Valley High School

October 2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

**Breakfast and Lunch Meals are free to all students.**

**Adult lunch: \$5.03 + tax**

Tuesday

Wednesday

Thursday

Friday

1 Deli Bar  
Or Chicken Bowl with Gravy  
chicken layered with mashed  
potatoes and corn, smothered in  
gravy  
Or Garden Salad with  
Cheese Entree  
Garden Salad  
Apple Slices  
Or Honeydew and  
Cantaloupe Cup

2 Deli Bar  
Or Meatball Hero  
Or Garden Salad with  
Cheese Entree  
Spicy Honey Carrots  
Fries Oven Baked 2  
Fresh Cucumber Salad  
Honeydew and Cantaloupe  
Cup  
Or Apple Slices

3 **Closed to Observe**  
4 **Rosh Hashanah**  
Daily offerings include: Made to Order Deli, Rotating  
Deli Specials to include: Stromboli, Pepperoni Wheels,  
Chicken Quesadillas and Breaded Chicken & Cheese  
Panini; Pizza, Entrée Salads, Fresh or Cupped fruit,  
100% fruit juice and 1%, FF & Chocolate milk. (all milk  
is antibiotic and hormone free)

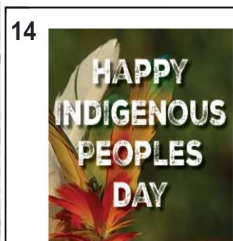
7 Deli Bar  
Or Grilled Cheese Sandwich  
Or Crispy Chicken Garden  
Salad  
Fries Oven Baked 2  
Or Tomato Soup  
Or Garden Salad  
Fresh Orange  
Or Apple Slices

8 Deli Bar  
Or Crispy Popcorn Chicken  
Or Crispy Chicken Garden  
Salad  
cheesy Brown Rice Pilaf  
Glazed Carrots  
Fresh Orange  
Or Apple Slices

9 Deli Bar  
Or NY Beef Burger with  
Bacon & Cheese  
With BBQ Sauce  
Or Crispy Chicken Garden  
Salad  
Sweet Potato Fries  
Fresh Cucumber Salad  
Green Beans  
Fresh Orange  
Or Apple Slices

10 Deli Bar  
Or Crispy Tacos  
Or Crispy Chicken Garden  
Salad  
Yellow Rice  
Corn & Black Bean Salad  
Apple Slices  
Or Fresh Orange

11 Deli Bar  
Or Buffalo Chicken Mac &  
Cheese  
Or Crispy Chicken Garden  
Salad  
Steamed Broccoli  
Celery  
Fresh Orange  
Or Apple Slices



15 Deli Bar  
Or Sweet & Sour Chicken  
Sauce & Toss  
Or Chicken Caesar Salad  
Hawaiian Pineapple Fried  
Rice  
Roasted Vegetables  
Or Sweet Soy Cucumber  
Salad  
Diced Peach Cup  
Or Apple Slices

16 Deli Bar  
Or Philly Style Sliders  
Or Chicken Caesar Salad  
Crispy Potato Puffs  
Sauteed Onions & Peppers  
Or Side Salad  
Or Cauliflower Popcorn  
Diced Peach Cup  
Or Apple Slices

17 Deli Bar  
Or Nacho Bar  
All With Nachos Grande  
Or Chicken Caesar Salad  
Sweet Corn  
Or Seasoned Black Beans  
Diced Peach Cup  
Or Apple Slices

18 Deli Bar  
Or Chili Cheese Dog  
Or Famous Chili Cheese  
Fries  
Or Chicken Caesar Salad  
Side Garden Salad  
Or Green Beans  
Diced Peach Cup  
Or Apple Slices

**Come Celebrate National School Lunch Week with Us!**

21 Deli Bar  
Or Homemade Mac &  
Cheese  
Or Cobb Salad  
All With Steamed Broccoli  
Or Garden Salad  
Fresh Fruit Cup  
Or Fresh Orange

22 Deli Bar  
Or Chicken Tikka Masala  
Or Cobb Salad  
Indian Spiced Rice  
Indian Spiced Vegetables  
Or Roasted Garlic  
Cauliflower  
Fresh Fruit Cup  
Or Apple Slices

23 Deli Bar  
Or Mozzarella Sticks  
All With Marinara Sauce Dip  
Or Cobb Salad  
Sweet Potato Fries  
Or Balsamic Glazed  
Vegetables  
Or Caesar Salad  
Apple Slices  
Or Fresh Fruit Cup

24 Deli Bar  
Or Cobb Salad  
Or Soft Tacos  
With Iceberg Lettuce  
And Salsa  
Yellow Rice  
Or Corn & Black Bean Salad  
Apple Slices  
Or Fresh Fruit Cup

25 Deli Bar  
Or Honeyfire Kitchen  
Chicken Tenders  
Honey fire kitchen chicken  
tenders with carrot and celery  
sticks  
Or Cobb Salad  
Crispy Potato Puffs  
Honeyfire Kitchen Roasted  
Chickpeas  
Side Garden Salad

28 Deli Bar  
Or Homemade Baked Pasta  
with Cheese  
Or Crispy Chicken Garden  
Salad  
All With Steamed Broccoli  
Or Garden Salad  
Strawberry Cup  
Or Apple Slices

29 Chicken Tenders  
Or Crispy Chicken Garden  
Salad  
Oven Baked Fries  
And Side Salad  
Or Lemon Marinated Carrots  
Strawberry Cup  
Or Apple Slices

30 Meatball Sliders  
Crispy Chicken Garden  
Salad  
Crispy Potato Puffs  
Confetti Garbanzo Bean  
Salad  
Garden Salad  
Strawberry Cup  
Apple Slices

31 Nacho Bar  
All With Nachos Grande  
Crispy Chicken Garden  
Salad  
Sweet Corn  
Or Seasoned Black Beans  
Or Apple Slices  
Strawberry Cup

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

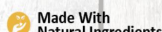
\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*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.



Should you have questions Please contact: Sandra Renken via phone or email: [renkens@whitson.com](mailto:renkens@whitson.com) or 845-526-7847 x 1321



**Note:** A full student lunch includes a grain, protein, fruit, veggie, and a choice of fat free chocolate or

**Students must take at minimum three (3) out of the five food groups. Fruit and/ or vegetable must be one of the food groups taken**

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.

# Breakfast Menu

Putnam Valley High School

October 2024

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Monday

Tuesday

Wednesday

Thursday

Friday







**Cost of Breakfast:**  
**Free for all students,**  
**Adult Breakfast -**  
**\$2.48 + tax**

1 Whole Grain French Toast Slices   
With Syrup  
Chocolate Chip Muffin   
Apple Strudel   
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich 



2 Homemade Waffles   
With Syrup  
Chocolate Chip Muffin   
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich 

**Waffle Wednesday!**






3 **School Closed to Observe: Rosh Hashanah**  
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.







7 Apple Strudel   
Or Mini Cinnamon Pull Apart Roll   
Chocolate Chip Muffin   
WW Honey Bun   
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich 

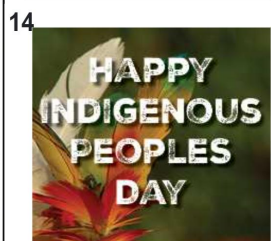
8 Whole Grain French Toast Slices   
With Syrup  
Chocolate Chip Muffin   
Apple Strudel   
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich 

9 Homemade Waffles   
With Syrup  
Chocolate Chip Muffin   
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich 



**Waffle Wednesday!**

10 Sausage, Egg & Cheese Burrito\*   
Chocolate Chip Muffin   
Or WW Honey Bun   
Egg and Cheese Sandwich   
Sausage, Egg and Cheese Sandwich 




11 WG Chocolate Glazed Donut   
Or WG Glazed Donut   
Chocolate Chip Muffin   
Apple Strudel   
Egg and Cheese Sandwich   
Breakfast Burrito 









15 Whole Grain French Toast Slices   
With Syrup  
Chocolate Chip Muffin   
Apple Strudel   
Egg and Cheese Sandwich   
Sausage, Egg and Cheese Sandwich 

16 Homemade Waffles   
With Syrup  
Chocolate Chip Muffin   
Egg and Cheese Sandwich   
Sausage, Egg and Cheese Sandwich 


**Waffle Wednesday!**

17 Sausage, Egg & Cheese Burrito\*   
Chocolate Chip Muffin   
Apple Strudel   
Egg and Cheese Sandwich   
Sausage, Egg and Cheese Sandwich 






18 WG Glazed Donut   
Or WG Chocolate Glazed Donut   
Chocolate Chip Muffin   
Apple Strudel   
Sausage, Egg and Cheese Sandwich   
Breakfast Burrito 

21 Apple Strudel   
Mini Cinnamon Pull Apart Roll   
WW Honey Bun   
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich   
Chocolate Chip Muffin 



22 Whole Grain French Toast Slices   
With Syrup  
Chocolate Chip Muffin   
Apple Strudel   
Egg and Cheese Sandwich   
Sausage, Egg and Cheese Sandwich 

23 Homemade Waffles   
With Syrup  
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich   
Chocolate Chip Muffin 

**Waffle Wednesday!**

24 Sausage, Egg & Cheese Burrito\*   
Chocolate Chip Muffin   
Apple Strudel   
Egg and Cheese Sandwich   
Sausage, Egg and Cheese Sandwich 

25 WG Glazed Donut   
Or WG Chocolate Glazed Donut   
Homemade Muffins   
Bacon, Egg and Cheese Breakfast Sandwich   
Breakfast Burrito 

28 Apple Strudel   
Mini Cinnamon Pull Apart Roll   
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich   
Chocolate Chip Muffin 

29 Whole Grain French Toast Slices   
With Syrup  
Chocolate Chip Muffin   
Apple Strudel   
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich 

30 Homemade Waffles   
With Syrup  
Bacon, Egg and Cheese Breakfast Sandwich   
Egg and Cheese Sandwich   
Chocolate Chip Muffin 

**Waffle Wednesday!**

31 Sausage, Egg & Cheese Burrito\*   
Chocolate Chip Muffin   
Apple Strudel   
Egg and Cheese Sandwich   
Sausage, Egg and Cheese Sandwich 





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**Daily selections are:** WG Bagels, Muffins, Pop-Tarts & Asst'd Cereals w. Cheesestick or Graham Crackers, Yogurt Cup w. w.out Granola, Hand and Cupped Fruit, 100% Fruit Juice. Milk - 1%, FF or FF Chocolate (Antibiotic & Hormone Free)  

WHAT IS A FREE MEAL? At least **Four Components** are offered at Breakfast. **Three MUST BE TAKEN TO BE A REIMBURSABLE (FREE) MEAL.** One of these must be a 1/2 cup of Fruit or Vegetable.

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