Putnam Valley High School Lunch Menu

October 2026

Student 1st Lunch is FREE
Adult Lunch $5.22 plus Tax

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Offerings Include: Made to Order Deli, Assorted Pizza, Entree Salads, Hummus Platter & Fruity Granola Parfait, All Menu Items are served with Fresh or Cupped Fruit, 100% Fruit Juice, & 1% or Fat Free Chocolate Milk			1 **Pasta with Sauce** WG Pasta Choice of Alfredo Sauce, Marinara with or without Meatballs Roasted Broccoli Homemade Garlic Bread Sweet Grapes	2 **Chicken Bowl with Gravy** Mashed Potatoes Sweet Corn Whole Wheat Dinner Roll Fresh Strawberries
5 **Tomato & Cheese Griller** Meltdown Cafe Grilled Cheese with Bacon Steamed Carrots Pear	6 **Herb Roasted Chicken** Corn Bread Stuffing Steamed Peas Baked Sweet Potato Whole Wheat Dinner Roll Cinnamon Applesauce	7 **Cinnamon French Toast Sticks** House Made French Toast Sticks Sausage Patty Crispy Potato Puffs Banana	8 **Chicken & Vegetable Dumplings** Veggie Fried Rice Steamed Peas & Carrots Fresh Pineapple	9 **Turkey & Cheese Barbacoa Tacos** Yellow Rice Sweet Plantains Seasoned Black Beans Fresh Orange
12 **COLUMBUS DAY** **SCHOOLS CLOSED**	13 **Chicken Tikka Masala Bowl** Brown Rice Roasted Broccoli Cinnamon Applesauce	14 **Nachos Grande** Seasoned Ground Turkey Cheddar Cheese Lettuce & Tomato Sour Cream Black Bean Salsa NY Apple	15 **Chicken& Cheddar Bowl with Gravy** Mashed Potatoes Sweet Corn Whole Wheat Dinner Roll Sweet Honeydew	16 **Homemade Baked Ziti** Roasted Cauliflower Parmesan Breadstick Fresh Blueberries
19 **Limited Time Offer** **Southwest Crunch Burger** Sweet Potato Fries Celery Sticks Fresh Orange	20 **Beef Burrito Bowl** Seasoned Beef Brown Rice Tomato Salsa Tex Mex Corn Sour Cream Fresh Pineapple	21 **Penne Pasta with Chicken Meatballs in Mariniara Sauce** Garlic Bread Sauteed Green Beans Fresh Cantaloupe	22 **Honey Stung Chicken Bites** Yellow Rice & Beans Fresh Carrots Sticks Fresh Pears	23 **Homemade Mac & Cheese with Buffalo Chicken Bites** Roasted Broccoli Pineapple Wedges
26 **Gochujang Chicken Sandwich** Asian Coleslaw Baked Tater Tots Fresh Strawberry	27 **Nacho Bar** Seasoned Chicken & Nachos Cheddar Cheese Tomato & Lettuce Seasoned Black Beans Fresh Orange	28 **General Tso's Chicken** Steamed Rice Steamed Green Beans Fresh Strawberries	29 **Cinnamon French Toast Sticks** House Made French Toast Sticks Sausage Patty Crispy Potato Puffs Banana	30 **Chicken & Broccoli Alfredo Penne Pasta** Garlic Bread Fresh Watermelon

This institution is an equal opportunity provider.

RALLY CAFE

School Breakfast Menu

October 2026

Student's 1st Breakfast Daily is FREE!
Adult Meal $3.49 +Tax

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Menu Items are served with Fresh or Cupped Fruit, 100% Fruit Juice, & 1% or Fat Free Chocolate Milk Yogurt Parfaits with Fresh Fruit and Granola Bagel with Cream Cheese or Butter WG Reduced Sugar Cereals with Cheese Stick			1 Whole Grain French Toast Slices With Syrup Mini Cinnamon Pull Apart Roll Or Mini Cinnamon Pull Apart Roll Or Egg and Cheese Sandwich Or Sausage and Cheese Sandwich	2 **BKFST:** Menu Item **Grill:** Menu Item **Entree:** Menu Item **Salad:** Menu Item **Tortilla:** Menu Item **Deli:** Menu Item **Pizza:** Menu Item
5 Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Chocolate Chip Muffin Or Egg and Cheese Sandwich Or Sausage, Egg & Cheese Burrito	6 WW Honey Bun Or Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Bacon, Egg and Cheese Breakfast Sandwich Or Egg and Cheese Sandwich	7 Homemade Waffles With Syrup Chocolate Chip Muffin Or Egg and Cheese Sandwich ***Waffle Wednesday!***	8 Whole Grain French Toast Slices With Syrup Mini Cinnamon Pull Apart Roll Or Mini Cinnamon Pull Apart Roll Or Egg and Cheese Sandwich Or Sausage and Cheese Sandwich	9 WG Donut Or Chocolate Chip Muffin Or Apple Strudel Or Sausage, Egg and Cheese Sandwich ***Donut Day!***
12 **Columbus Day** **Schools Closed**	13 WW Honey Bun Or Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Bacon, Egg and Cheese Breakfast Sandwich Or Egg and Cheese Sandwich	14 Homemade Waffles With Syrup Chocolate Chip Muffin Or Egg and Cheese Sandwich ***Waffle Wednesday!***	15 Whole Grain French Toast Slices With Syrup Mini Cinnamon Pull Apart Roll Or Mini Cinnamon Pull Apart Roll Or Egg and Cheese Sandwich Or Sausage and Cheese Sandwich	16 WG Donut Or Chocolate Chip Muffin Or Apple Strudel Or Sausage, Egg and Cheese Sandwich ***Donut Day!***
19 Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Chocolate Chip Muffin Or Egg and Cheese Sandwich Or Sausage, Egg & Cheese Burrito	20 WW Honey Bun Or Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Bacon, Egg and Cheese Breakfast Sandwich Or Egg and Cheese Sandwich	21 Homemade Waffles With Syrup Chocolate Chip Muffin Or Egg and Cheese Sandwich ***Waffle Wednesday!***	22 Whole Grain French Toast Slices With Syrup Mini Cinnamon Pull Apart Roll Or Mini Cinnamon Pull Apart Roll Or Egg and Cheese Sandwich Or Sausage and Cheese Sandwich	23 WG Donut Or Chocolate Chip Muffin Or Apple Strudel Or Sausage, Egg and Cheese Sandwich ***Donut Day!***
26 Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Chocolate Chip Muffin Or Egg and Cheese Sandwich Or Sausage, Egg & Cheese Burrito	27 WW Honey Bun Or Apple Strudel Or Mini Cinnamon Pull Apart Roll Or Bacon, Egg and Cheese Breakfast Sandwich Or Egg and Cheese Sandwich	28 Homemade Waffles With Syrup Chocolate Chip Muffin Or Egg and Cheese Sandwich ***Waffle Wednesday!***	29 Whole Grain French Toast Slices With Syrup Mini Cinnamon Pull Apart Roll Or Mini Cinnamon Pull Apart Roll Or Egg and Cheese Sandwich Or Sausage and Cheese Sandwich	30 WG Donut Or Chocolate Chip Muffin Or Apple Strudel Or Sausage, Egg and Cheese Sandwich ***Donut Day!***

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