

Lunch Menu

Putnam Valley High School

November
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

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)

Wednesday

Thursday

Come and learn what your favorite lunch is called in French!

National French Week
- Nov 6th to Nov 12th

Friday

1 Deli Bar
Or Wing Shack BBQ Style Chicken Wings
Wing Shack Classic Buffalo Chicken Wings
Or Garden Salad with Cheese Entree 🌱 🍌
Carrot Sticks
Celery
Honeydew and Cantaloupe Cup
Apple Slices

4 Deli Bar
Or Grilled Cheese Sandwich 🌱
Or Crispy Chicken Garden Salad 🍌
With Tomato Soup
Or Garden Salad
Fresh Orange
Or Apple Slices

5 **School Closed for Students**
Superintendent's Conference Day
Election Day

6 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

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

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



12 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

13 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

14 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

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

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

19 Deli Bar
Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy
Or Cobb Salad 🍌
Fresh Fruit Cup
Or Apple Slices

20 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

21 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

22 Deli Bar
Meatball Sliders
Or Cobb Salad 🍌
Crispy Potato Puffs
Side Garden Salad
Fresh Fruit Cup
Or Apple Slices

25 Deli Bar
Cheesy Stuffed Bread Sticks 🌱
Marinara Sauce Dip
Or Crispy Chicken Garden Salad 🍌
Garlic Parmesan Fries
With Steamed Broccoli
Or Garden Salad
Strawberry Cup
Or Apple Slices

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



View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

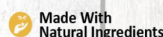
*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available.

***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 oppor



Should you have questions Please contact: Sandra Renken via phone or email: renkens@whitsons.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

November
2024

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Monday

Tuesday

Wednesday

Thursday

Friday

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

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.

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

5 **School Closed for Students - Election Day**
Superintendent's Conference Day

6 Homemade Waffles ✓
With Syrup
Chocolate Chip Muffin ✓
Bacon, Egg and Cheese Breakfast Sandwich P
Egg and Cheese Sandwich ✓

Waffle Wednesday!

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

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



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

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

Waffle Wednesday!

14 Sausage, Egg & Cheese Burrito* ✓
Chocolate Chip Muffin ✓
Apple Strudel ✓
Egg and Cheese Sandwich ✓
Sausage, Egg and Cheese Sandwich

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

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

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

20 Homemade Waffles ✓
With Syrup
Bacon, Egg and Cheese Breakfast Sandwich P
Egg and Cheese Sandwich ✓
Chocolate Chip Muffin ✓

Waffle Wednesday!

21 Sausage, Egg & Cheese Burrito* ✓
Chocolate Chip Muffin ✓
Apple Strudel ✓
Egg and Cheese Sandwich ✓
Sausage, Egg and Cheese Sandwich

22 WG Glazed Donut ✓
Or WG Chocolate Glazed Donut ✓
Homemade Muffins ✓
Bacon, Egg and Cheese Breakfast Sandwich P
Breakfast Burrito ✓

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

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



28 **Thanksgiving Break**
NO SCHOOL!

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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 &)

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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