



# 2012 February

February 6<sup>th</sup>-10<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info...
<b>6</b> <u>Hot Entrée</u> Tyson Baked Chicken Tenders Mashed Potatoes Gravy Corn	<b>7</b> <u>Hot Entrée</u> Homemade Challah Bread French Toast Chicken Sausage Patty Hash Brown	<b>8</b> <u>Hot Entrée</u> Chicken Fajita Grilled Chicken Fresh Onions & Peppers, Flour Tortilla, Salsa,	<b>9</b> <u>Hot Entrée</u> Marinated Flank Steak Baked Potato Broccoli	<b>10</b> <u>Hot Entrée</u> Cheese Tortellini Alfredo Sauce Chicken and Broccoli Italian Bread	<b>More Info...</b>  Student Lunch \$2.30 Reduced Lunch \$.25 2 <sup>nd</sup> Entrée \$1.75  1 Pint of skim, 1%, Or ½ percent chocolate milk is offered with all meals. Milk is antibiotic hormone free An assortment of 100% juice, Fresh Fruit, or Fruit Cup is offered with all meals.  All Bread are Whole Grain, Whole Wheat including Pizza Dough  Beverages Bottled Water \$1.25 Lipton teas \$1.50 Izze \$1.50 Life Water \$1.75 Tropicana \$1.95  Baked Chips \$1.00 Otis Cookies \$.45 100 cal snacks \$1.25 Rice Krispy Treat \$1.25 Fresh Fruit/Juice \$.55 Milk \$.65 Premium Deli and Panini \$4.00  Daily a la carte specials
<u>Alternate Entrée</u> BBQ Pulled Pork On a Whole Wheat Kaiser Roll	<u>Alternate Entrée</u> Beef Meatballs in Marinara Sauce Whole Wheat Club Roll	<u>Alternate Entrée</u> Home Made Baked Ziti W/Meat Sauce on side Wheat Italian Bread, Fresh	<u>Alternate Entrée</u> Baked Whole Grain Mozzarella Sticks Marinara Sauce Dinner Roll	<u>Alternate Entrée</u> BBQ Chicken Sandwich Fresh Homemade Cole Slaw	
<u>Pizza/Grill</u> Cheese Pizza Pepperoni Pizza Grilled Cheese on Whole Wheat Bread Veggie Burger	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza White Pizza Grilled Cheese on Whole Wheat Bread Veggie Burger	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza Assorted Pizza Grilled Cheese on Whole Wheat Bread Veggie Burger	
<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	
<u>Salad Special</u> Tuna Salad Fresh Romaine Lettuce with Garden Vegetables w/scoop of tuna	<u>Salad Special</u> Chicken Caesar Chicken tossed with Romaine Lettuce, homemade croutons and Caesar Dressing	<u>Salad Special</u> Chef Choice	<u>Salad Special</u> Chicken tossed in Buffalo Sauce w/Dark Leafy Greens, and Garden Vegetables	<u>Salad Special</u> Garden Chicken Salad, Chicken w/Dark Leafy Greens, and Garden Veggies	

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**Special News... Breakfast & Homemade Soup available Daily**



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# 2012 February

February 13<sup>th</sup> - 17<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info...
<b>13</b> <u>Hot Entrée</u> Honey Mustard Chicken Patty on Whole Wheat Bun Fresh Red Bliss Potato Salad	<b>14</b> <u>Hot Entrée</u> Buffalo Chicken Quesadilla  Caesar Salad  Cajun Burger	<b>15</b> <u>Hot Entrée</u> Nacho Platter Taco Meat, Cheese, Salsa, & Tortilla Chips Spanish Rice & Beans	<b>16</b> <u>Hot Entrée</u> Baked Whole Grain Mozzarella Sticks, Marinara Sauce, Whole Wheat Dinner Roll Carrots	<b>17</b> <u>Hot Entrée</u> Homemade Macaroni & Cheese Whole Wheat Dinner Roll Broccoli	<b>More Info...</b>  Student Lunch \$2.30 Reduced Lunch \$.25 2 <sup>nd</sup> Entrée \$1.75  1 Pint of skim, 1%, Or ½ percent chocolate milk is offered with all meals. Milk is antibiotic hormone free An assortment of 100% juice, Fresh Fruit, or Fruit Cup is offered with all meals.  All Bread are Whole Grain, Whole Wheat including Pizza Dough  Beverages Bottled Water \$1.25 Lipton teas \$1.50 Izze \$1.50 Life Water \$1.75 Tropicana \$1.95  Baked Chips \$1.00 Otis Cookies \$.45 100 cal snacks \$1.25 Rice Krispy Treat \$1.25 Fresh Fruit/Juice \$.55 Milk \$.65 Premium Deli and Panini \$4.00  Daily a la carte specials
<u>Alternate Entrée</u> Cuban Wrap Pulled Pork, Black Beans, and Rice in a Flour Tortilla	<u>Alternate Entrée</u> Grilled Italian Sausage, Fresh Onions & Peppers on a Sub Roll	<u>Alternate Entrée</u> Philly Cheese Steak on a Club Roll	<u>Alternate Entrée</u> Italian Stromboli Ham, Salami, Pepperoni, & Mozzarella Cheese wrapped in Whole Wheat Dough	<u>Alternate Entrée</u> White Meat Chicken Patty Parmesan or Plain on Whole Wheat Bun Cajun Fish Sand	
<u>Pizza/Grill</u> Cheese Pizza Pepperoni Pizza Grilled Cheese on Whole Wheat Bread Veggie Burger	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza Buffalo Chix Pizza Grilled Cheese on Whole Wheat Bread Veggie Burger	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza Meat Lovers Pizza Grilled Cheese on Whole Wheat Bread Veggie Burger	
<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	
<u>Salad Special</u> Tuna Salad Fresh Romaine Lettuce with Garden Vegetables w/scoop of tuna	<u>Salad Special</u> Chicken Caesar Chicken tossed with Romaine Lettuce, homemade croutons and Caesar Dressing	<u>Salad Special</u> Chef Choice	<u>Salad Special</u> Chicken tossed in Buffalo Sauce w/Dark Leafy Greens, and Garden Vegetables	<u>Salad Special</u> Garden Chicken Salad, Chicken w/Dark Leafy Greens, and Garden Veggies	

## Putnam Valley High School

**Special News... Try Some Cajun Special This Week**



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# 2012 February

February 27<sup>th</sup>-March 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>More Info...</b>  Student Lunch \$2.30 Reduced Lunch \$.25 2 <sup>nd</sup> Entrée \$1.75  1 Pint of skim, 1%, Or ½ percent chocolate milk is offered with all meals. Milk is anti- biotic hormone free An assortment of 100% juice, Fresh Fruit, or Fruit Cup is offered with all meals.  All Bread are Whole Grain, Whole Wheat including Pizza Dough  Beverages Bottled Water \$1.25 Lipton teas \$1.50 Izze \$1.50 Life Water \$1.75 Tropicana \$1.95  Baked Chips \$1.00 Otis Cookies \$.45 100 cal snacks \$1.25 Rice Krispy Treat \$1.25 Fresh Fruit/Juice \$.55 Milk \$.65 Premium Deli and Panini \$4.00  Daily a la carte specials
<b>27</b> <u>Hot Entrée</u> Tyson Baked Whole Muscle Chicken Nuggets Brown Rice Pilaf Peas & Carrots	<b>28</b> <u>Hot Entrée</u> Pancake Bar Pancakes Cinnamon Apples Blueberries Home Fries Chicken Sausage	<b>29</b> <u>Hot Entrée</u> Barilla Plus Whole Grain Spaghetti Plain, Marinara or Beef Meatballs Garlic Bread Garden Salad	<b>1</b> <u>Hot Entrée</u> General Tsao's Chicken Brown Rice Stir Fry Vegetables	<b>2</b> <u>Hot Entrée</u> Cheese Ravioli Marinara Sauce Garlic Bread Zucchini w/Garlic	
<u>Alternate Entrée</u> Homemade Eggplant Parmesan	<u>Alternate Entrée</u> Turkey & Bean Quesadilla Seasoned Turkey, Refried Beans, & Cheese	<u>Alternate Entrée</u> Chicken Parmesan Stromboli	<u>Alternate Entrée</u> Teriyaki Beef on Whole Wheat Roll	<u>Alternate Entrée</u> White Meat Chicken Patty on Whole Wheat Bun	
<u>Pizza/Grill</u> Cheese Pizza Pepperoni Pizza Grilled Cheese on Whole Wheat Bread Veggie Burger	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza Meatball Pizza Grilled Cheese on Whole Wheat Bread Veggie Burger	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza Veggie Pizza Grilled Cheese on Whole Wheat Bread Veggie Burger	
<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	<u>Deli</u> Ham, Turkey, Salami, Bologna, Tuna, American, Mozzarella	
<u>Salad Special</u> Tuna Salad Fresh Romaine Lettuce with Garden Vegetables w/scoop of tuna	<u>Salad Special</u> Chicken Caesar Chicken tossed with Romaine Lettuce, homemade croutons and Caesar Dressing	<u>Salad Special</u> Chef Choice	<u>Salad Special</u> Chicken tossed in Buffalo Sauce w/Dark Leafy Greens, and Garden Vegetables	<u>Salad Special</u> Garden Chicken Salad, Chicken w/Dark Leafy Greens, and Garden Veggies	

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