



2012 February

February 6th – February 10th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info...
6 <u>Hot Entrée</u> Tyson Baked Whole Muscle Chicken Nuggets Dinner Roll Brown Rice Pilaf Peas & Carrots	7 <u>Hot Entrée</u> French Toast Sticks w/Fruit & Granola* Yogurt Parfait Hash Brown	8 <u>Hot Entrée</u> Homemade Baked Ziti, Meat Sauce on Side, Garlic Bread Garden Salad	9 <u>Hot Entrée</u> Turkey & Bean Quesadilla Seasoned Turkey, Refried Beans, & Cheese Golden Corn	10 <u>Hot Entrée</u> BBQ Chicken Sandwich Fresh Cole Slaw Roasted Potatoes	More Info... Student Lunch \$2.30 Reduced Lunch \$.25 2 nd 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 Arizona Ice Tea \$1.25 Lipton teas \$1.50 Izze \$1.50 Life Water \$1.75 Baked Chips \$1.00 Otis Cookies \$.45 100 cal snacks \$1.25 Rice Krispy Treat \$1.25 Scooby Do Graham Crackers \$.75 Fresh Fruit/Juice \$.55 Milk \$.65
<u>Pizza/Grill</u> Cheese Pizza Pepperoni Pizza Grilled Cheese on Whole Wheat Bread	<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	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza Grilled Cheese on Whole Wheat Bread Carrots	
<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special	
<u>Salad Special</u> Tuna Salad Fresh Romaine Lettuce with Garden Vegetables w/scoop of tuna and crackers	<u>Salad Special</u> Chicken Caesar Chicken tossed with Romaine Lettuce, homemade croutons and Caesar Dressing	<u>Salad Special</u> Garden Chicken Salad, Chicken w/Dark Leafy Greens, Garden Veggies and Served with Crackers	<u>Salad Special</u> Chicken tossed in Buffalo Sauce w/Dark Leafy Greens, Cheese, and Garden Vegetables	<u>Salad Special</u> Chef's Choice Salad	
Breakfast is available daily: Egg & Cheese Sandwiches, fresh whole wheat bagels, whole grain cereals, and whole grain reduced fat muffins. Breakfast includes choice of milk and fruit for \$1.25. If you child qualifies for free & reduced lunches, they are also qualified for breakfast					

Putnam Valley Middle School

Special News...



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2012 February

February 13th-February 17th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info...
13 <u>Hot Entrée</u> Honey Mustard Chicken Patty On Whole Wheat Bun, Lett, Tom, Potato Salad, Green Beans	14 <u>Hot Entrée</u> Buffalo Chicken Quesadilla Caesar Salad Chocolate Pudding	15 <u>Hot Entrée</u> Taco Platter Seasoned Turkey, Corn, Rice & Beans, Cheese, Salsa, Lettuce	16 <u>Hot Entrée</u> Baked Whole Grain Mozzarella Sticks, Marinara Sauce, Whole Wheat Dinner Roll Carrots	17 <u>Hot Entrée</u> Homemade Macaroni & Cheese, Whole Wheat Dinner Roll, Garden Salad, Broccoli	More Info... Student Lunch \$2.30 Reduced Lunch \$.25 2 nd 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 Arizona Ice Tea \$1.25 Lipton teas \$1.50 Izze \$1.50 Life Water \$1.75 Baked Chips \$1.00 Otis Cookies \$.45 100 cal snacks \$1.25 Rice Krispy Treat \$1.25 Scooby Do Graham Crackers \$.75 Fresh Fruit/Juice \$.55 Milk \$.65
<u>Pizza/Grill</u> Cheese Pizza Pepperoni Pizza Grilled Cheese on Whole Wheat Bread	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza Grilled Cheese on Whole Wheat Bread	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza Grilled Cheese on Whole Wheat Bread Carrots	
<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special Cajun Burger	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella Special Cajun Fish Sand	
<u>Salad Special</u> Tuna Salad Fresh Romaine Lettuce with Garden Vegetables w/scoop of tuna and crackers	<u>Salad Special</u> Southwest Chicken Salad, Chicken w/Dark Leafy Greens, Corn, Black Beans, cheese and Southwest Ranch	<u>Salad Special</u> Garden Chicken Salad, Chicken w/Dark Leafy Greens, Garden Veggies and Served with Crackers	<u>Salad Special</u> Chicken tossed in Buffalo Sauce w/Dark Leafy Greens, Cheese, and Garden Vegetables	<u>Salad Special</u> Chicken Caesar Chicken tossed with Romaine Lettuce, homemade croutons and Caesar Dressing	
Breakfast is available daily: Egg & Cheese Sandwiches, fresh whole wheat bagels, whole grain cereals, and whole grain reduced fat muffins. Breakfast includes choice of milk and fruit for \$1.25. If you child qualifies for free & reduced lunches, they are also qualified for breakfast					

Putnam Valley Middle School



Special News... Try Some Cajun Specials this week

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2012 February

February 27th – March 2nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	More Info... Student Lunch \$2.30 Reduced Lunch \$.25 2 nd 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 Arizona Ice Tea \$1.25 Lipton teas \$1.50 Izze \$1.50 Life Water \$1.75 Baked Chips \$1.00 Otis Cookies \$.45 100 cal snacks \$1.25 Rice Krispy Treat \$1.25 Scooby Do Graham Crackers \$.75 Fresh Fruit/Juice \$.55 Milk \$.65
27 <u>Hot Entrée</u> Chicken Tenders Mashed Potatoes Gravy Golden Corn	28 <u>Hot Entrée</u> Aunt Jemima Pancakes with Baked Cinnamon Apples Turkey Sausage Patty	29 <u>Hot Entrée</u> Beef Meatballs in Marinara Sauce w/Whole Wheat Club Roll Potato Wedges Broccoli	1 <u>Hot Entrée</u> Cheese Ravioli Marinara Sauce Garlic Bread Garden Salad	2 <u>Hot Entrée</u> Grilled Cheese Bar Ham, Turkey, or just Cheese Chicken Noodle Soup Mixed Vegetables	
<u>Pizza/Grill</u> Cheese Pizza Pepperoni Pizza Grilled Cheese on Whole Wheat Bread	<u>Pizza/Grill</u> Hamburger Cheeseburger Veggie Burger Grilled Cheese All on Wheat bread/rolls	<u>Pizza/Grill</u> Cheese Pizza Grilled Cheese on Whole Wheat Bread	<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	
<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella <u>Special</u>	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella <u>Special</u> Tuna Salad Wrap	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella <u>Special</u>	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella <u>Special</u>	<u>Deli</u> Ham, Turkey, Salami, Bologna, American, Mozzarella <u>Special</u>	
<u>Salad Special</u> Tuna Salad Fresh Romaine Lettuce with Garden Vegetables w/scoop of tuna and crackers	<u>Salad Special</u> Chicken Caesar Chicken tossed with Romaine Lettuce, homemade croutons and Caesar Dressing	<u>Salad Special</u> Garden Chicken Salad, Chicken w/Dark Leafy Greens, Garden Veggies and Served with Crackers	<u>Salad Special</u> Chicken tossed in Buffalo Sauce w/Dark Leafy Greens, Cheese, and Garden Vegetables	<u>Salad Special</u>	
Breakfast is available daily: Egg & Cheese Sandwiches, fresh whole wheat bagels, whole grain cereals, and whole grain reduced fat muffins. Breakfast includes choice of milk and fruit for \$1.25. If you child qualifies for free & reduced lunches, they are also qualified for breakfast					

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