






2009

# January

Family Fit Lifestyle Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>More Info...</b></p> <p>Student Lunch \$2.25            Reduced Lunch \$ .25            Adult Lunch \$3.50            2<sup>nd</sup> Entrée \$1.50  <b>Pizza – M, W, F</b>  <b>Burgers Tues, Thurs</b>            Available Daily:            Grilled Cheese            Made to Order            Deli Bar May Include: ham, turkey, bologna, salami, tuna, Cheese, &amp; peanut butter &amp; jelly.            Salads are available daily.            Whole Wheat Pizza M, W, F            Burger T Th            Choice of Fruit or 100% Fruit Juice and Choice of 2%, 1%, Skim or Fat Free Chocolate Milk Included with Lunch Price</p>
<p><b>January's Fuel Special is US Regional Favorites</b>            1/9 Gulf Coast            1/15 South            1/22 North East</p>			<p><b>1 New Year's Day School Closed</b></p>	<p><b>2 Holiday Recess School Closed</b></p>	
<p><b>5</b> Eggplant Parmesan            Chicken Fingers            Cheese Pizza            Twisted Rice w/Peas &amp; Carrots</p>	<p><b>5</b> Baked Ziti w/Meat Sauce, Italian Bread            Cheeseburger            Monte Cristo Sandwich            Broccoli Cuts</p>	<p><b>7</b> Hard or Soft Shell Taco            Breaded Fish Filet on Bun w/Tarter Sauce            Black Bean and Corn Salad</p> 	<p><b>8</b> Chef's Burger Bar            Sausage &amp; Pepper Wedge            Macaroni &amp; Beef Dinner Roll            Baked Steak Fries</p>	<p><b>9</b> Chicken Patty Parmesan on Wheat Bun            Cheese Pizza            Sloppy Joe on Bun            Green Beans</p>	
<p><b>12</b> BBQ Rib Panini            Chicken Fingers w/dipping Sauces            Cheese Pizza            Twisted Rice w/Peas &amp; Carrots</p>	<p><b>13</b> Pizza Dippers W/Marinara Sauce            Cheeseburger            BBQ Turkey &amp; Cheese Panini w/Caramelized Onions, Broccoli Cuts</p>	<p><b>14</b> Ham, Mac and Cheese Meltdown w/Dinner Roll            Oven Fried Chicken, Corn Mashed Potatoes w/Gravy</p> 	<p><b>15</b> Nacho Platter            French Toast w/Sausage Patty            Cheeseburger            Hash Browns</p>	<p><b>16</b> Chicken Patty On Whole Wheat Bun            Cheese Pizza            Spaghetti &amp; Meatballs/Italian Bread, Carrots</p>	
<p><b>19 Martin Luther King Jr. Day School Closed</b></p>	<p><b>20</b> Mozzarella Sticks W/Marinara Sauce            Cheeseburger            Home Style Meatloaf, Home Made Mashed Potato W/Gravy</p>	<p><b>21</b> Meat &amp; Cheese Quesadilla            Cheese Pizza            BBQ Pulled Pork on Hard Roll            Mixed Vegetables</p>	<p><b>22</b> Roast Turkey w/Gravy &amp; Stuffing, <b>Whipped Sweet Potatoes w/Brown Sugar</b>  <b>Philly Cheese Steak</b></p> 	<p><b>23</b> Stuffed Shells w/Dinner Roll            Cheese Pizza/Whole Wheat Crust            Chicken Patty on WW Bun, Green Beans</p>	
<p><b>26</b> Cuban Wrap            Chicken Fingers w/dipping Sauces            Cheese Pizza            Twisted Rice w/Peas &amp; Carrots</p>	<p><b>27</b> <b>CAFETERIA CLOSED FOR REGENTS TESTING</b></p>			<p><b>30</b></p>	

**Putnam Valley High School** Earn while your children learn! Call for details.

845 526-7847 ext. 1321



Menus are subject to change without notice.