







2009

January

Family Fit Lifestyle Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info...</p> <p>Student Lunch \$2.25 Reduced Lunch \$.25 Adult Lunch \$3.50 2nd Entrée \$1.50</p> <p>Pizza – M, W, F Burgers Tues, Thurs</p> <p>Available Daily: Grilled Cheese Cold Sandwiches Selections May Include: ham, turkey, bologna, salami, peanut butter & jelly, American cheese or tuna. Salads available daily. Choice of Fruit or 100% Fruit Juice and Choice of, 1%, Skim or fat free Chocolate Milk Included with Lunch Price</p> <p>•</p> <p>Menus are subject to change without notice.</p>
<p>January's Fuel Special is US Regional Favorites 1/7 South 1/15 North East 1/21 Gulf Coast 1/28 South West</p>	<p>1/7 is Lucky Tray Day: Purchase lunch and be entered to win a free ring tone download</p>	<p>1/21 FREE Power Ice with Lunch Purchase</p>	<p>1 New Year's Day School Closed</p>	<p>2 Holiday Recess School Closed</p>	
<p>5 Pepperoni or Cheese Pizza or Chicken Fingers w/Dipping Sauce Twisted Rice Pilaf w/Peas & Carrots</p>	<p>5 BBQ Pulled Pork on a Hard Roll Cheeseburger or Veggie Burger Tater Tots</p>	<p>7 Ham, Mac and Cheese Meltdown w/Dinner Roll Garden Salad</p> 	<p>8 White Meat Chicken Patty/ Wheat Bun Cheeseburger or Veggie Burger Steamed Carrots</p>	<p>9 Twin Tacos (Taco Meat, Cheese, Lett, Salsa) Whole Wheat Cheese Pizza Black Bean & Corn Salad</p>	
<p>12 Cheese Pizza on Whole Wheat Crust or Chicken Nuggets Twisted Rice Pilaf w/Peas & Carrots</p>	<p>13 Meatball Parmesan Wedge Cheeseburger or Veggie Burger Mixed Vegetables</p>	<p>14 Baked Ziti w/Meat Sauce Italian Bread Cheese Pizza/Wheat Crust Green Beans</p>	<p>15 Roast Turkey w/Gravy on Whole Wheat Bun Whipped Sweet Potatoes w/Brown Sugar</p> 	<p>16 Sausage & Pepper Wedge Whole Wheat Cheese Pizza Broccoli Cuts</p>	
<p>19 Martin Luther King Jr. Day School Closed</p>	<p>20 Brunch For Lunch Pancakes Cheeseburger Sausage Patty Fresh Cinnamon Apples</p>	<p>21 Breaded Fish Fillet on a Bun w/Tarter Sauce Baked Potato Top your Pizza Day</p> 	<p>22 Mozzarella Sticks W/Marinara Sauce Whole Wheat Diner Roll or Cheeseburger or Veggie Burger Steamed Carrots</p>	<p>23 Nacho Platter Meat, Cheese, Salsa Cheese Pizza on Whole Wheat Crust Mexican Corn</p>	
<p>26 Pepperoni or Cheese Pizza or Chicken Fingers w/Dipping Sauce Twisted Rice Pilaf w/Peas & Carrots</p>	<p>27 Philly Cheese Steak Cheeseburger or Veggie Burger Tater Tots</p>	<p>28 Meat & Cheese Quesadilla Rice and Beans <i>Or Cobb Salad</i></p> 	<p>29 Oven Fried Chicken Mashed Potatoes w/Gravy Golden Corn Cheeseburger</p>	<p>30 Stuffed Shells Cheese Pizza on Whole Wheat Crust Broccoli Cuts Italian Bread</p>	

Putnam Valley Middle School

Earn while your children learn! Call for details.
845 526-7847 ext. 1321

