Putnam Valley Middle School

October 2014

1
Chicken Nuggets w/Roll
Cheese or Meat Lover's Pizza
Chix Caesar Salad, Chix Caesar Wrap
Assorted Sandwiches
side items
Sweet Potato Fries, Broccoli
Fresh or Prepared Fruit, Apple Juice

2
All Beef Hot Dog on Bun
Hamburger, Cheeseburger, Gardenburger
Egg Salad Platter, Egg Salad Wrap
Assorted Sandwiches
side items
Tater Tots, Campfire Beans
Fresh or Prepared Fruit, Fruit Juice

3
Chicken Patty Plain or Spicy
Cheese or Buffalo Chix Pizza
Buffalo Chicken Salad
Assorted Sandwiches
side items
Zucchini, Garden Salad
Fresh or Prepared Fruit, Apple Juice

6
Popcorn Chicken w/ Roll
Cheese or Pepperoni Pizza
Popcorn Chicken Salad, Chicken Salad Sandwich
Assorted Sandwiches
side items
Seasoned Peas, Mashed Potatoes, Gravy
Fresh or Prepared Fruit, Apple Juice

7
Waffles w/ Chicken Sausage Patty
Hamburger, Cheeseburger, Gardenburger
Chicken Salad & Fresh Fruit Plate w/ Cinnamon Crisps
side items
Hash Brown, Cinn Apples
Fresh or Prepared Fruit, Orange Juice

8
Nacho Platter w/Ground Turkey
Cheese or Hawaiian Pizza
Baja Fajita Chicken Salad w/ Roll
Assorted Sandwiches
side items
Seasoned Corn, Black Beans
Fresh or Prepared Fruit, Apple Juice

9
Cheesy Baked Penne w/Garlic Breadstick
Hamburger, Cheeseburger, Gardenburger
Chef Salad w/Roll, Turkey & Cheese Wrap, Assorted
side items
Garden Salad, Green Beans
Fresh or Prepared Fruit, Fruit Juice

10
Grilled Cheese/Bacon Sand & Tomato Soup
Cheese or White Pizza
Chicken Caesar Salad
Assorted Sandwiches
side items
Tater Tots, Carrots
Fresh or Prepared Fruit, Fruit Juice

13
School Closed
Columbus Day
side items

14
Chicken Nuggets w/Breadstick
Hamburger, Cheeseburger, Crispy Siracha Burger
Buffalo Chix Salad, Buffalo Chix Wrap
Assorted Sandwiches
side items
Sweet Potato Fries, Broccoli
Fresh or Prepared Fruit, Apple Juice

15
Pancakes w/ Chicken Sausage Patty
Cheese or Buffalo Chix Pizza
Fruit, Yogurt & Cheese Plate, Turkey & Cheese Sub
Assorted Sandwiches
side items
Hash Brown, Cinn Apples
Fresh or Prepared Fruit, Orange Juice

16
Sweet & Sour Popcorn Chix w/ Broccoli
Hamburger, Cheeseburger, Crispy Siracha Burger
Breaded Chicken Caesar Salad, Chix
side items
Vegetarian Fried Rice, Stir Fry Veggies
Fresh or Prepared Fruit, Fruit Juice

17
Rotini w/ Italian Meat Sauce
Cheese or Pepperoni & Jalapeño Pizza
Italian Chef Salad
Assorted Sandwiches
side items
Garden Salad, Green Beans
Fresh or Prepared Fruit, Apple Juice

20
Chicken Patty Plain or Parm
Cheese or Pepperoni Pizza
Chicken Caesar Salad
Assorted Sandwiches
side items
Broccoli, Tomato Cucumber Salad
Fresh or Prepared Fruit, Fruit Juice

21
Baked BBQ Chicken
Hamburger, Cheeseburger, Athenian Burger
Tuna Salad Platter, Tuna Sandwich
Assorted Sandwiches
side items
Oven Roasted Potatoes, Carrots
Fresh or Prepared Fruit, Apple Juice

22
Hard or Soft Shell Tacos
Cheese or BBQ Chix Pizza
Chicken Salad & Fresh Fruit Plate w/ Cinnamon Crisps & Roll
Chix Salad Sand, Assorted
side items
Kickin Beans, Corn, Toppings
Fresh or Prepared Fruit, Fruit Juice

23
French Toast Sticks w/Sausage Patty
Hamburger, Cheeseburger, Athenian Burger
Chicken Ranch Salad
Assorted Sandwiches
side items
Hash Brown, Cinn Apples
Fresh or Prepared Fruit, Orange juice

24
Chicken Nuggets w/Roll
Cheese or Taco Pizza
Egg Salad Platter, Egg Salad Sandwich
Assorted Sandwiches
side items
Tater Tots, Carrots
Fresh or Prepared Fruit, Fruit Juice

27
Crispy Chicken Tender w/Roll
Cheese or Pepperoni Pizza
Chicken Caesar Salad, Ham, Turkey, & Cheese Sand
Assorted Sandwiches
side items
Campfire Beans, Tomato Cucumber Salad
Fresh or Prepared Fruit, Apple Juice

28
Spaghetti w/Marinara, or All Beef Meatballs
Hamburger, Cheeseburger, Gardenburger
Chef Salad w/Roll, Turkey & Cheese Wrap, Assorted
side items
Garden Salad, Green Beans
Fresh or Prepared Fruit, Fruit Juice

29
Pizza Crunchers
Cheese or Cheeseburger Pizza
Chef Salad w/Roll
Assorted Sandwiches
side items
Brown Rice, Carrots
Fresh or Prepared Fruit, Apple Juice

30
General Tso's Chix/Plain Popcorn Chix
Hamburger, Cheeseburger, Gardenburger
Popcorn Chicken Salad
side items
Vegetarian Fried Rice, Stir Fry Veggies
Fresh or Prepared Fruit, Fruit Juice

31 Halloween
Nacho Platter w/Seasoned Chicken
Cheese or Chix Parm Pizza
Baja Fajita Chicken Salad w/ Roll
Assorted Sandwiches
Seasoned Corn, Black Beans
Fresh or Prepared Fruit, Apple Juice

Williams-Elizabeth@Aramark.com, 845-526-7847 ext 1321. October is burger month. Look for burger specials Oct 13-24th.

Made with Healthy Whole Grains

Ovo-Lacto Vegetarian, may contain Egg & Milk

Local ingredients are always used when in season

Nutritional Messages may vary by school.

Lunch is $2.50, 2nd Entree $2.00

BREAKFAST AVAILABLE DAILY

Don't forget to submitt your free & reduced lunch application for the 2014-15 school year!

Whole grain breads & rolls

Choice of milk with all lunches

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