

ECSDM FOOD SERVICES

FUN FACTS

DID YOU KNOW...

Strawberries have a rich history of cultivation and enjoyment, dating back to ancient times when wild varieties were gathered and later cultivated in Europe and the Americas. Today, they are one of the most popular fruits worldwide. Strawberries are naturally sweet and juicy, making them easy to enjoy fresh, blended into smoothies, added to salads, or used in both desserts and savory dishes.

Fun Fact:

Strawberries are the only fruit with seeds on the outside—each berry can have around 200 seeds!

**NYS Days -
June 10
Harvest of the
Month -
Strawberries**



Elementary Available Daily

Prefuel

Assorted WG & GF Cereals

All Prefuel meals are served with 100% fruit juice, fruit of the day and choice of lowfat or fat free milk.

The Enlarged City School District of Middletown offers Prefuel to all scholars in attendance. Elementary scholars enjoy the Prefuel in their class room.

Refuel

NYS Yogurt, NYS String Cheese, and WG Crackers. Assorted Boars Head Deli Sandwiches on WG Bread, Assorted Entrée Salads w/ WG Roll.

Offered with each meal:

Local NYS harvest fresh fruit of the day. Choice of low fat , fat free or fat free chocolate NYS Milk. Additional fruit, Vegetable, and Milk options are Available daily.



Where's the Middie
Strawberry?
Can you find it?





Enlarged City School District of Middletown Elementary K-5 School June 2026



NAE -No Antibiotics Ever

-Plant Based Option

Menu Subject to Change Without Notice

Please Notify Staff or Any Known
Food Allergies

Monday	Tuesday	Wednesday	Thursday	Friday																									
M PREFUEL Breakfast Pizza PPE 5th Grade Fun Day WORLD MILK DAY REFUEL Cheesy Bread Sticks, WG Roll, Buttery Corn, Marinara Dipping, Sweet Potato Fries, Applesauce, Fruit Choice 1	PREFUEL Ham,Egg & Cheese Sandwich, WG Muffin or Fruit Bread Slice REFUEL Roasted Turkey and Cheese Sliders, Oven Baked Fries, Roasted NYS Carrots, NYS Apple 2	PREFUEL Sausage Egg and Cheese, Mini Pancake MHE 5th Grade Fun Day NATIONAL EGG DAY REFUEL Chicken Nuggets, WG Rice, Oven Baked Fries, NYS Carrots and Celery Sticks, Dipping Sauce, Applesauce, Fruit Choice 3	PREFUEL Egg & Cheese, or Asst. Yogurt, Goldfish, String Cheese, or Sunflower Seeds NATIONAL CHEESE DAY REFUEL Chicken Sliders, Slider Buns, LTO, Pickles, Cheese, BBQ Baked Veggie Beans, Classic Macaroni Salad NYS Pears 4	PREFUEL Strawberry Smoothies, Bacon Egg and Cheese Croissant or Sky Blue Bakery Item WAC 5th Grade Fun Day REFUEL Classic Round Pizza, Cheese, Pepperoni, Veggie, Broccoli Salad, NYS Apple 5	M PREFUEL Frudel REFUEL Brunch 4 Lunch, French Toast Sticks, Turkey Sausage, Sweet Potato Fries, Syrup, Applesauce, Fruit Choice 8	PREFUEL Ham, Egg & Cheese Sandwich, WG Muffin or Fruit Bread Slice REFUEL Mandarin Orange Chicken, Rice, WG Egg Roll, Duck Sauce, Roasted NYS Carrots, Steamed Broccoli, Peaches 9	PREFUEL Campus Made Sausage Egg and Cheese, Mini Waffles or Pancake REFUEL NYS Beef Burger, Plant Based Burger, Cheese Choice, Lettuce, Tomato, Pickles, Sweet Potato Fries, Macaroni Salad, Fresh Fruit Choice 10	PREFUEL Goody Ring or Yogurt Meal National Corn on the Cob Day REFUEL Chicken Fil-Yah!, WG Bun, Cross Track Fries, Corn on the Cob, Ranch, Honey Mustard, and BBQ Sauces, Peaches, NYS Apple 11	PREFUEL Croissant, Egg and Cheese Sky Blue Bakery Honey Bun REFUEL Pizza, Plain Pepperoni, or Veggie, NYS Romaine Caesar Salad with Parmesan Cheese, FARM FRESH FRIDAY, Strawberry Parfait with Fresh Strawberries 12	M PREFUEL Egg & Cheese Sandwich REFUEL Grilled Cheese with Mozzarella & American, Oven Baked Fries, Fruit Choice 15	PREFUEL WG Muffin or Fruit Bread Slice REFUEL Pick a Chip, Chicken or Seasoned NYS Black Beans, Assorted Chip Variety, Seasoned Rice, Cheese Sauce, Lettuce & Tomato, Salsa, Guacamole, Sour Cream, NYS Apples 16	PREFUEL Campus Made Sausage Egg and Cheese, Mini Waffles or Pancake NATIONAL EAT YOUR VEGGIES DAY REFUEL Chicken Nuggets or Plant Based Nuggets, Oven Baked Fries, Creamy Cucumber Salad, NYS Carrot Sticks, WG Roll, Fruit Choice 17	PREFUEL Strawberry Smoothies, Bacon Egg and Cheese Croissant, Sky Blue Bakery Item REFUEL Classic Round Pizza, Cheese, Pepperoni, Veggie, Broccoli Salad, Fresh Fruit Choice 18	JUNETEENTH NO SCHOOL 19	M PREFUEL Egg and Cheese REFUEL Mozzarella Sticks, or Managers Choice, WG Roll, Marinara Dipping Cups, Oven Baked Fries, Applesauce, Fruit Choice 22	PREFUEL Bacon Egg & Cheese Sandwich SHORTENED SESSION REFUEL Grilled Cheese with Mozzarella and American, Managers Choice, Yogurt Meals, Cucumber Slices, NYS Apple 23	PREFUEL Sausage Egg & Cheese Sandwich SHORTENED SESSION REFUEL Managers Choice, Grab n Go NYS Hot Dog, or Yogurt Meal, Baby Carrots, Applesauce 24	PREFUEL Egg & Cheese Sandwich, Assorted Yogurt, Goldfish, String Cheese, Sunflower Seeds SHORTENED SESSION LAST DAY FOR STUDENTS REFUEL Managers Choice, Pizza 4x6, Yogurt Meal, Baby Carrots, Peaches, NYS Apple 25	GRADUATION DAY 26	29	30	SUMMER BREAK							
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All meals are in compliance with guidelines of the National School Lunch Program and the School Breakfast Program under HHKFA and the USDA guidelines.

Nutritional and Allergen Information is available on MealViewer. For Questions please contact the FNS Office: foodservice.info@ecsdsm.org

ECSDM is an Equal Opportunity Employer