

ECSDM Food Services

NYS Summer Bounty



New York State summer produce offers a vibrant and flavorful array of fresh fruits and vegetables that reflect the region's rich agricultural landscape. During the summer months, farms across the state harvest a wide variety of seasonal favorites, including sweet corn, tomatoes, cucumbers, zucchini, broccoli, and peppers. Juicy peaches, plums, blackberries, cherries, and strawberries also reach their peak, making summer an ideal time to enjoy fresh, locally grown fruit. These nutrient-rich foods are available through farmers markets, roadside stands, and community-supported agriculture (CSA) programs, providing New Yorkers with easy access to healthy, delicious options while supporting local farmers and sustainable agriculture. **You will see these items on your plate for lunch in our Summers Meals Program in the**

Schools

Offered Daily

Prefuel

Egg & Cheese Sandwiches on WG Kaiser
Fresh WG Bagels with Cream Cheese
Assorted 2oz WG and Gluten Free Cereals
All Prefuel Meals are Served with 100% Fruit
Choice, Local NYS Harvest
Fruit of the Day, and Choice of NYS Low Fat or
Fat Free Milk

Refuel

NYS Yogurt Parfaits, Uncrustables
Boars Head Cold Sandwichs on WG Bread, Fresh
Seasonal Green Salad, Yogurt Meal & Bagel and
Cheese Stick Meal. All Refuel Meals are Served
with 100% Fruit Choice, Local NYS Harvest Fruit
of the Day, and Choice of NYS Low Fat or Fat
Free Milk. Additional Fruit, Vegetables, and Milk
Options are Available Daily



Enlarged City School District of Middletown

July - Summer Meals in the Schools



M - Meatless Monday

- Plant Based Option

Menu Subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
	Come Visit Us in the Parks this Summer:			
PREFUEL 6 Assorted 2oz Cereal or Mini Cinni REFUEL Mozzarella Sticks, WG Roll, Marinara, Oven Baked Fries, Buttered Corn, NYS Apple, and Milk Choice	PREFUEL 7 Egg & Cheese on WG Kaiser or WG Muffin REFUEL Roasted Turkey Sliders, Swiss Cheese, Slider Roll, Oven Baked Fries, BBQ Veggie Beans, Fruit and Milk Choice	PREFUEL 8 Assorted Bagels, Fruit Bread Slice, Mini Pancakes/Waffles REFUEL Meatball Parm Hero, Roasted Zucchini and Squash w/ Garlic, Fruit and Milk Choice	PREFUEL 9 Egg and Cheese Sandwich or Yogurt Meal REFUEL Chicken Sliders, Oven Baked Fries, Cheese, Lettuce and Tomato, Roasted NYS Carrot Coins, Fruit and NYS Milk Choice	PREFUEL 10 Assorted WG Pastry REFUEL Detroit Style Pizza Summer Green Salad with Tomatoes and Cucumbers Fruit and NYS Milk Choice
PREFUEL 13 Assorted 2 oz Cereal or Mini Cinni REFUEL Brunch For Lunch, French Toast Sticks, Turkey Sausage Patty, Syrup, Sweet Potato Fries, NYS Apple, and Milk Choice	PREFUEL 14 Egg & Cheese or WG Muffin REFUEL Grilled Cheese on Sliced WG Plain, WG Sourdough, or WG Rye, Oven Baked Fries, Roasted NYS Carrot Coins, Fruit and NYS Milk Choice	PREFUEL 15 Assorted Bagels, Fruit Bread Slice, Mini Pancake/Waffles REFUEL NYS Beef or Veggie Burgers Cheese, LT, WG Roll, Fresh Corn on the Cob Fruit and NYS Milk Choice	PREFUEL 16 Egg and Cheese or Yogurt Meal REFUEL NYS Chicken or Mandarin Orange Chicken, Seasoned Rice, Steamed Broccoli, Fruit and NYS Milk Choice	PREFUEL 17 Assorted WG Pastry REFUEL Campus Made Bagel Pizza Summer Green Salad with Tomatoes and Cucumbers Fruit and NYS Milk Choice
PREFUEL 20 Assorted 2 oz. Cereal Stuffed Bagel Pastry REFUEL Mozzarella Sticks, Marinara, WG Roll, Steamed Broccoli Fruit and NYS Milk Choice	PREFUEL 21 Egg & Cheese or WG Muffin REFUEL Meatball Dunker, Marinara, Cheesy Garlic Bread, Oven Baked Fries Fruit and NYS Milk Choice	PREFUEL 22 Assorted Bagels, Fruit Bread Slice, Mini Pancake/Waffles REFUEL NYS Beef Hot Dog, WG Roll, Saurkraut, Pickles, Fresh Corn on the Cob, BBQ Baked Veggie Beans, Fruit and Milk choice	PREFUEL 23 Egg and Cheese or Yogurt Meal REFUEL Chicken Nuggets, WG Seasoned Rice, Fresh Baby Carrots, and Cucumber Coins, Ranch Dip Fruit and NYS Milk Choice	PREFUEL 24 Assorted WG Pastry REFUEL NYS Campus Made Pizza, Classic Caesar Salad Fruit and NYS Milk Choice
PREFUEL 27 Assorted 2 oz. Cereal Mini Waffles REFUEL Grilled Cheese on WG Plain, WG Sourdough, or WG Rye, Seasoned Potato Wedges, Roasted Zucchini Coins w/ Garlic Fruit and NYS Milk Choice	PREFUEL 28 Egg & Cheese or WG Muffin REFUEL Chicken Fajitas! WR Tortillas, Peppers, Onions, Salsa, Sour Cream, Shredded Cheddar, Oven Baked Fries, Fruit and Milk Choice	PREFUEL 29 Assorted Bagels, Fruit Bread Slice, Mini Pancakes/Waffles REFUEL NYS Beef Burger, Cheese choice, Lettuce and Tomato, WG Roll, Roasted NYS Carrot Coins, Fruit and NYS Milk Choice	PREFUEL 30 Egg and Cheese or Yogurt Meal REFUEL Chicken Wings, Ranch, BBQ, Honey Mustard, WG Dinner Roll, Sweet Potato Fries, Fruit and NYS Milk Choice	PREFUEL 1 Assorted WG Pastry REFUEL Detroit Style Pizza, Plain or Pepperoni Summer Green Salad with Tomatoes and Cucumbers Fruit and NYS Milk Choice

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 Information is available on MealViewer. For Questions please contact the FNS Office: foodservice.info@ecsdm.org

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