

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 Sandwiches 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

August - Summer Meals in the Schools



M - Meatless Monday

 - Plant Based Option

Menu Subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
PREFUEL 3 Assorted 2oz. Cereal Stuffed Bagel Pastry REFUEL Brunch 4 Lunch French Toast Sticks, Turkey Sausage Patty, Syrup, Sweet Potato Fries, Fruit and NYS Milk Choice	PREFUEL 4 Egg & Cheese Sandwich WG Muffin REFUEL Meatball Parm Hero, Marinara, Steamed Fresh Broccoli, Fruit and NYS Milk Choice	PREFUEL 5 Assorted Bagels, Fruit Bread Slice, Mini Pancake/Waffles REFUEL NYS Beef Hot Dog, WG Roll, Pickles, Sauerkraut, Oven Baked Fries, Baked BBQ Veggie Beans, Fruit and NYS Milk Choice	PREFUEL 6 Egg and Cheese or Yogurt Meal REFUEL Chicken Sliders, Cheese, WG Slider Bun, Pickles, Sauteed Zucchini and Squash w/ Garlic, Fresh Corn Cobbets, Fruit and NYS Milk Choice	PREFUEL 7 Assorted WG Pastry REFUEL Pizza! Plain or Pepperoni, Summer Green Salad w/ Tomatoes and Cucumbers, Fruit and NYS Milk Choice
PREFUEL 10 Assorted 2oz. Cereal Mini Cinni REFUEL Grilled Cheese, WG Plain, Sourdough, or Rye, Seasoned Potato Wedges, Roasted Zucchini Coins w/ Garlic, Fruit and NYS Milk Choice	PREFUEL 11 Egg & Cheese or WG Muffin REFUEL Roasted Sliced Turkey, Swiss Cheese, Slider Roll, Oven Baked Fries, Sweet Corn on the Cob, Fruit and NYS Milk Choice	PREFUEL 12 Assorted Bagels, Fruit Bread Slice, Mini Pancakes/ Waffles REFUEL NYS Beef Burger Cheese, Lettuce and Tomato, Pickles, WG Roll, BBQ Veggie Beans, Fruit and NYS Milk Choice	PREFUEL 13 Egg and Cheese Sandwich or Yogurt Meal REFUEL Chicken Popper Bowl, Mashed Potatoes, WG Roll, Roasted NYS Carrot Coins, Steamed Fresh Broccoli, Fruit and NYS Milk Choice	PREFUEL 14 Assorted WG Pastry REFUEL Detroit Style Pizza, Plain or Pepperoni, Summer Green Salad with Tomatoes and Cucumbers, Fruit and NYS Milk Choice
PREFUEL 17 Assorted 2oz. Cereal Mini Waffles REFUEL Brunch 4 Lunch, French Toast Sticks, Syrup, Sweet Potato Fries, Fruit and NYS Milk Choice	PREFUEL 18 Egg and Cheese Sandwich or WG Muffin REFUEL Meatball Dunker, Marinara, Cheesy Garlic Bread, Steamed Fresh Broccoli, Fruit and NYS Milk Choice	PREFUEL 19 Assorted Bagels, Fruit Bread Slice, Mini Pancake/Waffles REFUEL NYS Hot Dog, WG Roll, Pickles, Sauerkraut, Oven Baked Fries, Roasted Carrot Coins, Fruit and NYS Milk Choice	PREFUEL 20 Egg and Cheese Sandwich or Yogurt Meal REFUEL Chicken Sliders, WG Slider Buns, Cheese, Mashed Potatoes, Creamy Cucumber Salad, Fruit and NYS Milk Choice	PREFUEL 21 Assorted WG Pastry REFUEL NYS Campus Made Pizza, Summer Green Salad w/ Tomatoes and Cucumbers, Fruit and NYS Milk Choice
PREFUEL 24 Assorted 2oz. Cereal Mini Cinni REFUEL Grilled Cheese, Mozzarella and American, Roasted Carrot Coins, Fruit and NYS Milk Choice	PREFUEL 25 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 26 Assorted Bagels, Fruit Bread Slice, Mini Pancakes/Waffles REFUEL NYS Beef Burger, Cheese Choice, Lettuce and Tomato, WG Roll, BBQ Veggie Beans, Fruit and NYS Milk Choice	PREFUEL 27 Egg and Cheese or Yogurt Meal REFUEL NYS Hot Dog, WG Roll, Pickles, Sauerkraut, Oven Baked Fries, Roasted Carrot Coins, Fruit and NYS Milk Choice	PREFUEL 28 Assorted WG Pastry REFUEL NYS Campus Made Pizza, Classic Caesar Salad, Fruit and NYS Milk Choice
 31	Come Visit Us in the Parks this Summer:  Fancher - Davidge Park Sproat Street Park Erie Way Park Academy Avenue Park			

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@ecsdsm.org

ECSDM is an Equal Opportunity Employer