



Enlarged City School District of Middletown

Summer Day Care

July/August 2026



M - Meatless Monday

 -Plant Based Option

Menu Subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 PREFUEL WG Apple Cinnamon Muffin 100% Juice, Lowfat 1% Milk REFUEL Ham & Mozz Bento Box WG Gold Fish Grapes, Grape Tomatoes Lowfat 1% Milk	PREFUEL 1oz Cheerios Cereal Bowl 100% Juice, Lowfat 1% Milk REFUEL Bagel Meal with Cream Cheese, String Cheese, Grape Tomatoes, Craisins, Lowfat 1% Milk	PREFUEL WG Lemon Bread Slice 100% Juice, Lowfat 1% Milk REFUEL Sunbutter Sandwich, Apple Sauce Cup, Fresh Fruit, Sweet Corn, Lowfat 1% Milk	PREFUEL WG Blueberry Muffin 100% Juice, Lowfat 1% Milk REFUEL Roasted Turkey and Cheese on WG Sliced Bread Celery Sticks Craisin, Lowfat 1% Milk	PREFUEL Assorted Yogurt, WG Goldfish, 100% Juice, Lowfat 1% Milk REFUEL Salami & Cheese Roll Up WG Sliced Bread, Carrot PC, Apple Sauce Cup , Lowfat 1% Milk
Week 2 PREFUEL WG Muffin 100% Juice, Lowfat 1% Milk REFUEL Little Lunch Yogurt, NYS String Cheese, Goldfish Cracker, Apple Slices, Baby Carrots, Lowfat 1% Milk	PREFUEL Cheerios Cereal Bowl, 100% Juice, Lowfat 1% Milk, REFUEL Roast Turkey & Cheese on WG Sliced Bread Banana, Cucumber Coins, Lowfat 1% Milk	PREFUEL WG Banana Bread Slice 100% Juice, Lowfat 1% Milk REFUEL Mini Yogurt Parfait Campus Made Granola, Sweet Corn, Fresh Fruit Cup Lowfat 1% Milk	PREFUEL Assorted Yogurt, WG Goldfish 100% Juice, Lowfat 1% Milk REFUEL Ham & Turkey on WG Sliced Bread Celery Sticks, Apple Sauce Cup, Lowfat 1% Milk	PREFUEL WG Blueberry Muffin 100% Juice, 1% Lowfat Milk REFUEL Pasta Salad with Chicken, Mozzarella and Italian Vinaigrette Carrot, Craisin 1% Lowfat Milk
Week 3 PREFUEL WG Apple Cinnamon Muffin 100% Juice, Lowfat 1% Milk REFUEL Ham & Mozz Bento Box WG GoldFish, Grapes, Grape Tomatoes Lowfat 1% Milk	PREFUEL 1oz Cheerios Cereal Bowl 100% Juice, Lowfat 1% Milk REFUEL Bagel Meal with Cream Cheese, String Cheese, Grape Tomatoes, Craisins, Lowfat 1% Milk	PREFUEL WG Lemon Bread Slice 100% Juice, Lowfat 1% Milk REFUEL Sunbutter Sandwich, Apple Sauce Cup, Fresh Fruit Cup, Sweet Corn, Lowfat 1% Milk	PREFUEL WG Blueberry Muffin 100% Juice, Lowfat 1% Milk REFUEL Roasted Turkey and Cheese on WG Sliced Bread Celery Sticks Craisin, Lowfat 1% Milk	PREFUEL Assorted Yogurt, WG Goldfish, 100% Juice, Lowfat 1% Milk REFUEL Salami & Cheese Roll Up WG Sliced Bread, Baby Carrot, Apple Sauce Cup , Lowfat 1% Milk
Week 4 PREFUEL WG Muffin 100% Juice, Lowfat 1% Milk REFUEL Little Lunch Yogurt, NYS String Cheese, Goldfish Cracker, Apple Slices, Baby Carrots, Lowfat 1% Milk	PREFUEL Cheerios Cereal Bowl, 100% Juice, Lowfat 1% Milk, REFUEL Roast Turkey & Cheese on WG Sliced Bread Banana, Cucumber Coins, Lowfat 1% Milk	PREFUEL WG Banana Bread Slice 100% Juice, Lowfat 1% Milk REFUEL Mini Yogurt Parfait Campus Made Granola Sweet Corn, Fresh Fruit Cup Lowfat 1% Milk	PREFUEL Assorted Yogurt, WG Goldfish 100% Juice, Lowfat 1% Milk REFUEL Ham & Turkey or WG Sliced Bread Celery Sticks, Apple Sauce Cup, Lowfat 1% Milk	PREFUEL WG Blueberry Muffin 100% Juice, 1% Lowfat Milk REFUEL Pasta Salad with Chicken, Mozzarella and Italian Vinaigrette Carrot, Craisin 1% Lowfat Milk
				

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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