

ECSDM FOOD SERVICES

FUN FACTS

DID YOU KNOW...

Pears have been enjoyed for over 4,000 years! They were first cultivated in China and Europe before spreading across the world. Pears are a great source of fiber, vitamin C, and antioxidants that support a healthy heart, digestion, and immune system. They are naturally sweet, juicy, and versatile—perfect for eating fresh, adding to salads, blending in smoothies, baking in desserts, or enjoying in oatmeal.

Fun Fact:

Did you know pears don't ripen on the tree? They continue to ripen after they are picked. Just leave one at room temperature, and you'll have a perfectly juicy pear ready to enjoy!



NY
FOODS DAY



NYS Days –
October 9, 23, 28
Harvest of the
Month – Pears



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 classroom.

Refuel

NYS Yogurt, NYS String Cheese, and WG Crackers.
Assorted Boars Head Deli Sandwiches on WG Bread,
Assorted Entré 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.

Fresh Fruit and Vegetable Program



10/1 - Grape Tomatoes



10/6 - Kiwi Wedges



10/8 - Red Pepper Strips



10/14 - Hami Melon Chunks

10/16 - Ripe Petit Bananas

10/20 - Watermelon

10/22 - String Beans

10/27 - Ripe Petite Bananas

10/29 - Carrot Sticks





Enlarged City School District of Middletown Elementary K-5 School October 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
 PREFUEL 5 Egg and Cheese WG Kaiser, Apple Frudel REFUEL Mac n Cheee, Burger Mac n Cheese, Steamed Buttered Corn, NYS Apple, Milk Choice	 PREFUEL 6 Ham, Egg & Cheese Sandwich or WG Muffin or Fruit Bread Slice REFUEL Campus Made Meatsauce, Cheesy Garlic Bread, Sweet Potato Fries, Seasoned Carrot Coins Fresh Fruit Choice, Milk Choice	 PREFUEL 7 Egg and Cheese Kaiser, Mini Waffle REFUEL NYS Roasted Chicken, BBQ Sauce, Campus Made Cornbread, Mashed Potatoes, Marinated Chickpea Salad, Applesauce, NYS Pears, Fruit Choice, Milk Choice	NAE PREFUEL 1 Sausage Egg and Cheese or Goody Ring or Yogurt Meal REFUEL Chicken Nuggets, WG Pasta Salad, Steamed Buttered Corn, Creamy Cucumber Salad, WG Dinner Roll, Fruit Choice, Milk Choice	PREFUEL 2 Asst. Smoothies or Sky Blue Bakery Item REFUEL Pizza, Plain, or Pepperoni, Sliced Grape Tomato and Cucumber Salad with Red Wine Vinaigrette, NYS Apple, Milk Choice
M PREFUEL 5 Egg and Cheese WG Kaiser, Apple Frudel REFUEL Mac n Cheee, Burger Mac n Cheese, Steamed Buttered Corn, NYS Apple, Milk Choice	PREFUEL 6 Ham, Egg & Cheese Sandwich or WG Muffin or Fruit Bread Slice REFUEL Campus Made Meatsauce, Cheesy Garlic Bread, Sweet Potato Fries, Seasoned Carrot Coins Fresh Fruit Choice, Milk Choice	PREFUEL 7 Egg and Cheese Kaiser, Mini Waffle REFUEL NYS Roasted Chicken, BBQ Sauce, Campus Made Cornbread, Mashed Potatoes, Marinated Chickpea Salad, Applesauce, NYS Pears, Fruit Choice, Milk Choice	NAE PREFUEL 8 Sausage Egg and Cheese or Goody Ring or Yogurt Meal REFUEL Chicken Tenders, Shredded Cheddar, Lettuce & Tomato, WG Tortilla, Sliced Tomato and Cucumber Salad, Ranch Dip, Fruit Choice, Milk Choice	PREFUEL 9 Blueberry Smoothies WORLD EGG DAY  REFUEL NYS Pizza, Plain or Pepperoni, Classic NYS Caesar Salad with Croutons, Parmesan, and Dressing, NYS Pears, Milk Choice
COLUMBUS DAY/ INDIGENOUS PEOPLES' NO SCHOOL	PREFUEL 13 Ham, Egg & Cheese Sandwich, WG Muffin or Fruit Bread Slice National School Lunch Week REFUEL Mozzarella Sticks, WG Dinner Roll, Marinara, Potato Puffs, Applesauce, NYS Apple, Milk Choice	PREFUEL 14 Egg and Cheese Kaiser, Cherry Frudel National School Lunch Week REFUEL Loaded Fries, Beef Chili or Seasoned NYS Black Beans, Cheese Sauce, WG Dinner Roll, Salsa, Sour Cream, NYS Pear, Milk Choice	NAE PREFUEL 15 Sausage Egg and Cheese, Goody Ring, Yogurt Meal National School Lunch Week REFUEL Chicken Nuggets, Rice Pilaf, Sweet Potato Fries, NYS Apple, Milk Choice	PREFUEL 16 Strawberry Banana Smoothies National School Lunch Week REFUEL Pizza, Plain or Pepperoni, FARM FRESH FRIDAY, NYS Broccoli Salad, NYS Pear, Milk Choice
PREFUEL 19 Egg and Cheese Wg Kaiser, Stuffed Bagel REFUEL WG French Toast Sticks, Turkey Sausage, Buttered Corn, Applesauce, Syrup, Fresh Fruit Choice, Milk	PREFUEL 20 Ham, Egg & Cheese Sandwich, WG Muffin or Fruit Bread Slice REFUEL Beef or Turkey Taco, Seasoned NYS Black Beans, Asst. Chip Variety, Seasoned Rice, Cheese Sauce, Salsa, Sour Cream, NYS Apple, Milk Choice	PREFUEL 21 Egg and Cheese Kaiser, Mini Pancake Refuel Roast Chicken, Plain or BBQ, Mashed Potatoes, Chicken Gravy, Campus Made Cornbread, NYS Carrot and Celery Sticks w/ Ranch and Campus Made Hummus, NYS Pear, Milk Choice	PREFUEL 22 Sausage Egg and Cheese, Goody Ring, Yogurt Meal REFUEL Chicken Patty Sandwich, WG Bun, Cross Track Fries, Red Pepper Strips, Campus Made Shredded Coleslaw, Ranch, Honey Mustard, and BBQ Sauce, Fruit Choice, Milk Choice	 PREFUEL 23 Chunky Banana Smoothie  REFUEL Campus Made NYS Pizza, Plain, Pepperoni, or Veggie, Shredded Mozzarella, Pizza Sauce, NYS Green Salad with Tomatoes and Cucumbers & Asst. Dressing, NYS Apple, Milk Choice
M PREFUEL 26 Egg and Cheese WG Kaiser, Mini Waffles REFUEL Grilled Cheese with Mozz and American, Creamy Tomato Soup, Baked Fries, Buttered Corn, Applesauce, NYS Apple, Milk Choice	PREFUEL 27 Ham, Egg & Cheese Sandwich, WG Muffin or Fruit Bread Slice REFUEL Baked Breaded Crispy Chicken Drumstick, Mac n Cheese, Baked Veggie Beans, Classic Campus Made Coleslaw, NYS Apple, Milk Choice	PREFUEL 28 Egg and Cheese Kaiser, Pancake on a Stick  REFUEL NYS Beef Burger, Cheese, Lettuce, Tomato, Pickles, Sweet Potato Fries, Creamy Cucumber Salad, NYS Apple Juice, Milk Choice	PREFUEL 29 Sausage Egg and Cheese or Goody Ring or Yogurt Meal REFUEL Mandarine Orange Chicken, WG Fried Rice, WG Egg Rolls, Duck Sauce, Steamed NYS Carrot Coins and Fresh Steamed Garlicky Green Beans, Milk Choice	PREFUEL 30 Apple Pie Smoothies Happy Halloween REFUEL Pizza, Cheese or Pepperoni, NYS Seasonal Green Side Salad with Tomatoes and Cucumbers, NYS Pears, 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 and Allergen Information is available on MealViewer. For Questions please contact the FNS Office: foodservice.info@ecsdnm.org

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