

FUN FACTS

NUTRITIONAL POWERHOUSE



VITAMIN C

Supports healthy immune system and helps the body heal



COPPER

Helps the body make energy and supports healthy blood vessels and connective tissue



VITAMIN K

Supports strong bones and proper blood clotting.



FIBER

Aids digestion and helps with fullness.



ANTIOXIDANTS

Help protect the body's cells from damage and support overall health



POTASSIUM

Potassium in pears helps regulate blood pressure, supports muscle function, and aids in nerve signaling.

NY
FOODS DAY

NYS DAYS
OCTOBER
14, 23, 28

HARVEST OF THE
MONTH – PEARS



SECONDARY AVAILABLE DAILY

PREFUEL

Fresh Fruit Parfaits with WG Granola, Assorted WG Cereal with NYS String Cheese, WG Bagels with Cream Cheese or Butter, and Campus-Made Muffins. All Prefuel Meals are Served with 100% Fruit Juice; Local NYS Harvest Fresh Fruit of the Day, and Choice of NYS Low-Fat or Fat Free Milk.

REFUEL

Vegetarian Black Bean Burgers, Beef Burgers, and Chicken Patty, on WG Bun. Chicken Tenders, Campus Made WG Pizza, NYS Yogurt and Fresh Fruit Smoothies with WG Granola. Boars Head Deli Bar on WG Bread, Elaborate Salad with Assorted Proteins, and Plant Based Options with Croutons and WG Roll. Offered with each meal: Local NYS Harvest Fresh Fruit of the Day. Choice of Low Fat or Fat Freeplain NYS Milk or Fat Free NYS Chocolate Milk. Additional Fruit, Vegetables, and Milk Options.



Enlarged City School District of Middletown

Secondary 6-12 School

October 2026



M - MEATLESS MONDAY

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 Fresh Smoothies REFUEL Baked Breaded Chicken Drumstick WG Dinner Roll Mashed Potato, Gravy Steamed NYS Carrot Coins, NYS Apple, Milk Choice	PREFUEL Asst. Egg BF Sandwich REFUEL Homemade Calzone, Pizza Dough, Mozzarella, Pizza Sauce, Tomato and Cucumber Salad with Red Wine Vinaigrette, Kale Salad, Fresh Fruit Choice, Milk Choice
PREFUEL Cinnamon Rolls REFUEL French Toast, Mango Sauce, Sausage Patty, Street Corn Salad Sweet Potato Fries, Syrup NYS Apple, Milk Choice	PREFUEL Greek Yogurt Parfait Bar REFUEL NYS WG Tortilla Chips, Beef, Chicken Fajita or Seasoned Black Beans, WG Rice, Cheese Sauce, Salsa, Guacamole, Sour Cream, Scallion, Fresh Fruit Choice, Milk Choice	PREFUEL Fresh NYS Egg Sandwiches Bar REFUEL Spanish Style Roasted Chicken, Adobo, Paprika, Garlic, Rice and Beans, Sauteed Red Peppers and Onions, Roasted NYS Carrots, Sliced Scallions NYS Pear, Milk Choice	PREFUEL Apple Cinnamon Spiced Oatmeal Bar REFUEL Taco Mac n Cheese, Ground Beef, Fritos, Sour Cream, Fresh Steamed Broccoli, Pickled Jalapenos, Bacon Crumbles, Scallions, Fresh Fruit Choice, Milk Choice	PREFUEL Maple Baked French Toast WORLD EGG DAY REFUEL Popcorn Chicken, Shredded Cheddar, Mashed Potato, Corn, Gravy, Roasted NYS Carrot Coins, Churros, WG Dinner Roll, NYS Apple, Milk Choice
12 COLUMBUS DAY/ INDIGENOUS PEOPLES' NO SCHOOL	13 PREFUEL Yogurt Parfait Bar REFUEL National School Lunch Week Chicken Chunk w/ Hot, BBQ, or Honey Mustard, Baked Fries, WG Roll, NYS Carrot Sticks with Ranch, Green Salad with Grape Tomatoes & Cucumbers, Applesauce, Fresh Fruit, Milk	14 PREFUEL NYS Egg Sandwich Bar REFUEL National School Lunch Week NYS Burger, Veggie or Beef LTO, Pickles, Cheese, NYS Onion Rings, NYS Sweet Potato Fries NYS Pear, Milk Choice	15 PREFUEL Oatmeal Bar REFUEL National School Lunch Week Loaded Baked or Sweet Potato Campus Made Cornbread & Chili, Cheddar Cheese Sauce, Seasoned NYS Black Beans, Sour Cream, Scallions, Fresh Fruit Choice, Milk Choice	16 PREFUEL Maple Baked French Toast REFUEL National School Lunch Week Middle Cheesesteaks, Sauteed Peppers and Onions, Cheese Sauce, Fresh NYS Broccoli Salad, NYS Pear, Milk Choice
19 PREFUEL Cinnamon Rolls REFUEL Campus Made Pumpkin Bread, Scrambled Eggs, Sausage Patty, Sweet Potato Fries, Buttery Sweet Corn, Syrup, Applesauce	20 PREFUEL Yogurt Parfait Bar REFUEL Jerk Roast Chicken, Rice and Beans, Sweet Plantains, Seasoned Black Beans, NYS Apple, Milk Choice	21 PREFUEL Fresh NYS Egg Sandwiches REFUEL Chicken Fajita, Cojita Cheese, Corn Masa Tortillas, Refried Beans, Fresh Tomatilla Salsa, Diced Tomatoes, Chopped Red Onion, Shredded Iceberg, Sour Cream, Lime, NYS Pear, Milk Choice	22 PREFUEL Maple Baked French Toast REFUEL Thai Chili Meatball Bowl w/ Mango and Jalapeno or Plant Based Crispy Tofu over WG Rice, Egg Rolls with Duck Sauce, Steamed Fresh Broccoli and NYS Carrot Coins, Scallions, NYS Pear, Milk Choice	23 PREFUEL Assorted Egg BF Sandwiches REFUEL NYS Pizza, Plain, NYS Buffalo Chicken, Roasted Vegetable, Classic NYS Caesar Salad with Croutons, Parmesan, and Dressing, NYS Apple, Milk Choice
26 PREFUEL IW Pumpkin Swirl Roll REFUEL National Pumpkin Day Grilled Cheese with Mozz and American, WG Sourdough and or/ Rye Bread, Creamy Tomato Soup, Oven Baked Fries, NYS Apple, Milk Choice	27 PREFUEL Yogurt Parfait Bar REFUEL Pick a Chip Nachos, Beef or Chicken Fajita, Seasoned NYS Black Beans, WG Rice, Corn, Cheddar Cheese Sauce, Salsa, Guacamole, Sour Cream, Scallion, Fresh Fruit Choice, Milk Choice	28 PREFUEL Fresh NYS Egg Sandwiches REFUEL NYS Beef Patty Melt, Sliced WG Sourdough or Plant Based Burger, Swiss Cheese, Sauteed Onions, Pickles, Sweet Potato Fries, NYS Pear, Fresh Fruit, Milk Choice	29 PREFUEL Apple Cinnamon Oatmeal Bar REFUEL Chicken Patty on WG Bun, Plain or Spicy, Cheese Choice, Lettuce, Tomato, Onion, and Pickles, Cross Track Fries, NYS Shredded Cabbage Coleslaw, NYS Apple, Milk Choice	30 PREFUEL Baked Pumpkin French Toast REFUEL Happy Halloween Beef or Plant Based Nuggets, Shredded Cheddar, WG Dinner Roll, Grape Tomato, Shredded Lettuce, Pickles, Baked Fries, Burger Sauce, Fresh Fruit Choice, 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@ecsdsm.org

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