



NAE -No Antibiotics Ever

-Plant Based Option

Enlarged City School District of Middletown

Vended UPK Off Site Meals

October 2026

Please Notify Staff or Any Known

Food Allergies



M - MEATLESS MONDAY

Menu Subject to Change Without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
			REFUEL Mini Yogurt Parfait Granola Cucumbers Banana Lowfat 1% Milk SNACK Cheez its & Fruit	REFUEL WG Fruit Muffin String Cheese Cantaloupe Broccoli Salad Lowfat 1% Milk SNACK Pretzel & 4oz Juice
REFUEL Yogurt 4oz Cup NYS String Cheese 1oz WG Goldfish Cracker 1oz Applesauce Cup Carrots, Lowfat 1% milk SNACK Teddy Graham & 4oz Juice	REFUEL Ham & Mozz Bento Box Goldfish Corn Apple Slice SNACK Goldfish, Cheese Stick & Fruit	REFUEL WG Fruit Muffin String Cheese Honeydew Three Bean Salad Lowfat 1% Milk SNACK Educational Cookie & Apple	REFUEL Turkey on WG Sliced Bread Carrots & Ranch Dressing Banana Lowfat 1% Milk SNACK Mixed Fruit & 2 Cheese Sticks	REFUEL Hummus and Salsa Cup Scoops, Grapes NYS String Cheese Celery Sticks Lowfat 1% Milk SNACK Cheez its & 4 oz Juice
12 COLUMBUS DAY/ INDIGENOUS PEOPLES' NO SCHOOL	REFUEL Yogurt 4oz Cup NYS String Cheese 1oz WG Goldfish Cracker 1oz Applesauce Cup Carrots, Lowfat 1% milk SNACK MJM & Juice	REFUEL Salami & Cheese Sandwich on WG Bread, Corn, Orange Lowfat 1% Milk SNACK 4 oz yogurt & Apple Slice	REFUEL Bagel Meal with lowfat Cream Cheese, String Cheese, Cucumber Salad, Lowfat 1% Milk SNACK Goldfish, Cheese Stick & Fruit	REFUEL WG Fruit Muffin String Cheese, Fruit, Zucchini Slices Lowfat 1% Milk SNACK Educational Cookie Apple
REFUEL Yogurt 4 oz Cup NYS String Cheese WG Goldfish Cracker Applesauce Cup, Carrots Lowfat 1% Milk SNACK Scooby & Fruit Cup	REFUEL Elbow Pasta Salad w/ Chicken Cubed Mozzarella ½ Cup Apple Slices Grape Tomatoes Goldfish or Pretzel Lowfat 1% Milk SNACK Pretzel & 4oz Juice	REFUEL Ham & Mozz Bento Box Goldfish Cucumber Slices Banana SNACK Cheerio 4oz Juice	REFUEL Turkey & Cheese Sandwich On WG Bread Carrots & Ranch Dressing Blueberries Lowfat 1% Milk SNACK Cheerio & 4 oz Juice	REFUEL Mini Yogurt Parfait Granola Pepper Strips Apple Slices Lowfat 1% Milk SNACK Cheez its & Fruit
REFUEL Yogurt 4oz Cup NYS String Cheese WG Goldfish Cracker Applesauce Cup, Carrots Lowfat 1% Milk SNACK MJM & Juice	REFUEL Bagel Meal with Lowfat Cream Cheese, String Cheese, Corn, Apple Slice, Lowfat 1% Milk SNACK Teddy Graham & 4 oz Juice	REFUEL Bagel Meal w/ Lowfat Cream Cheese, String Cheese Cucumbers, Apple Sauce Lowfat 1% Milk SNACK Teddy Graham 4oz Juice	REFUEL Sunbutter Sandwich Celery & Ranch Blueberries Lowfat Milk SNACK Cheerio 4oz Juice	REFUEL WG Fruit Muffin String Cheese, FRuit Three Bean Salad Lowfat 1% Milk SNACK MJM & Juice

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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