



Enlarged City School District of Middletown

Our Lady and Mount Carmel

October 2026

Please Notify Staff or Any Known Food Allergies

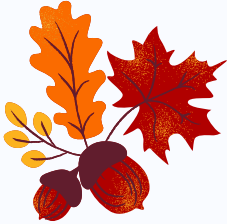


NAE -No Antibiotics Ever

-Plant Based Option

Menu Subject to Change Without Notice

M - MEATLESS MONDAY

Monday	Tuesday	Wednesday	Thursday	Friday
			NAE PREFUEL 1 Sausage Egg and Cheese or Goody Ring or Yogurt Meal REFUEL Pizza, Plain or Pepperoni, Sliced Grape Tomato and Cucumber Salad with Red Wine Vinaigrette, Fresh Fruit Choice, Milk Choice	PREFUEL 2 Asst. Smoothies or Sky Blue Bakery Item HALF DAY NO LUNCH SERVED
M PREFUEL 5 Asst. Cereal REFUEL Mac n Cheese, Burger Mac n Cheese, Steamed Buttered Corn, Fruit Choice, 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 Roasted Chicken, BBQ Sauce, Campus Made Cornbread, Mashed Potatoes, Marinated Chickpea Salad, Applesauce, NYS Pears , Fruit Choice, Milk Choice	PREFUEL 8 Sausage Egg and Cheese or Goody Ring or Yogurt Meal REFUEL NYS Pizza, Plain or Pepperoni, Classic NYS Caesar Salad with Croutons, Parmesan, and Dressing , Fresh Fruit Choice, Milk Choice	CONFERENCE DAY NO SCHOOL
COLUMBUS DAY 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	Plant Based 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 , Fresh Fruit Choice, Milk Choice
PREFUEL 19 Assorted Cereal REFUEL WG French Toast Sticks, Turkey Sausage, Buttered Corn, Applesauce, Syrup, Fresh Fruit Choice, Milk Choice	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, Fresh Fruit Choice, 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, Fruit Choice, 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, Fresh Fruit Choice, Milk Choice
M PREFUEL 26 IW Pumpkin Swirl Roll National Pumpkin Day REFUEL Grilled Cheese with Mozz and American, WG Sourdough and or/ Rye Bread, Creamy Tomato Soup, Oven Baked Fries, 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, Fresh Fruit Choice, 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 Mandarin Orange Chicken, WG Fried Rice, WG Egg Rolls, Duck Sauce, Steamed NYS Carrot Coins and Broccoli, Fruit Choice, Milk Choice	Plant Based PREFUEL 30 Apple Pie Smoothies REFUEL Pizza, Cheese or Pepperoni, NYS Seasonal Green Side Salad with Tomatoes and Cucumbers, 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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