



NAE -No Antibiotics Ever

-Plant Based Option

Enlarged City School District of Middletown

Abilities First

October 2026

Please Notify Staff or Any Known Food Allergies



M - MEATLESS MONDAY

Menu Subject to Change Without Notice

Monday	Tuesday	Wednesday	Thursday	Friday
			PREFUEL 1 Asst. Cereal 100% Juice, Lowfat 1% Milk REFUEL Mini Yogurt Parfait Granola, Cucumbers Banana Lowfat 1% Milk	PREFUEL 2 WG Fruit Bread Slice 100% Juice, Lowfat 1% Milk REFUEL WG Fruit Muffin String Cheese, Cantaloupe Broccoli Salad Lowfat 1% Milk
PREFUEL 5 Cheerios Cereal Bowl 100% Juice 4oz, Lowfat 1% Milk REFUEL Yogurt Cup, NYS String Cheese WG Goldfish Cracker, Applesauce Cup, Carrots, Lowfat 1% Milk	PREFUEL 6 Croissant W/Butter 100% Juice, Lowfat 1% Milk REFUEL Ham & Mozz Bento Box Goldfish, Corn, Apple Slice	PREFUEL 7 Rice Chex Cereal 100% Juice, Lowfat 1% Milk REFUEL WG Fruit Muffin, String Cheese, Honeydew, Three Bean Salad, Lowfat 1% Milk	PREFUEL 8 Campus Made Corn Muffin 100% Juice, Lowfat 1% Milk REFUEL Turkey on WG Sliced Bread Carrots & Ranch Dressing Banana Lowfat 1% Milk	PREFUEL 9 WG Fruit Bread Slice 100% Juice, Lowfat 1% Milk REFUEL Hummus and Salsa Cup Scoops, Grapes NYS String Cheese Celery Sticks Lowfat 1% Milk
COLUMBUS DAY 12	SUPERINTENDENT CONFERENCE DAY 13	PREFUEL 14 Mango Smoothie & Teddy Graham, 100% Juice, Lowfat 1% Milk REFUEL Salami & Cheese Sandwich on WG Bread, Corn, Orange Lowfat 1% Milk	PREFUEL 15 WG Fruit Bread Slice 100% Juice, Lowfat 1% Milk REFUEL Bagel Meal with lowfat Cream Cheese, String Cheese, Cucumber Salad, Lowfat 1% Milk	PREFUEL 16 English Muffin W/ Butter or Cream Cheese 100% Juice, Lowfat 1% Milk REFUEL WG Fruit Muffin, String Cheese, Fruit, Zucchini Slices Lowfat 1% Milk
PREFUEL 19 1oz Cheerios Cereal Bowl 100% Juice 4oz, Lowfat 1% Milk REFUEL Yogurt 4oz Cup NYS String Cheese WG Goldfish Cracker Applesauce Cup, Carrots Lowfat 1% Milk	PREFUEL 20 WG Apple Cinnamon Muffin 100% Juice, Lowfat 1% Milk REFUEL Elbow Pasta Salad w/ Chicken Cubed Mozzarella, ½ Cup Apple Slices, Grape Tomatoes, Goldfish or Pretzel, Lowfat 1% Milk	PREFUEL 21 Asst. Yogurt, WG Goldfish 100% Juice, Lowfat 1% Milk REFUEL Ham & Mozz Bento Box Goldfish, Cucumber Slices, Banana	PREFUEL 22 Campus Made Corn Muffin 100% Juice, Lowfat 1% Milk REFUEL Turkey & Cheese Sandwich on WG Bread, Carrots & Ranch Dressing, Blueberries, Lowfat 1% Milk	PREFUEL 23 Strawberry Smoothie & WG Graham Cracker, 100% Juice Lowfat 1% Milk REFUEL Mini Yogurt Parfait Granola Pepper Strips Apple Slices Lowfat 1% Milk
PREFUEL 26 1oz Cheerios Cereal Bowl 100% Juice 4oz, Lowfat 1% Milk REFUEL Yogurt 4oz Cup NYS String Cheese WG Goldfish Cracker Applesauce Cup, Carrots Lowfat 1% Milk	PREFUEL 27 WG Fruit Muffin 100% Juice 4oz, Lowfat 1% Milk REFUEL Bagel Meal with Lowfat Cream Cheese, String Cheese, Corn, Apple Slice, Lowfat 1% Milk	PREFUEL 28 WG Bagel w/ Cream Cheese 100% Juice 4oz, Lowfat 1% Milk REFUEL 1 Hardboiled Egg, String Cheese, Pretzel, Carrot P/C & Ranch Dressing, Apple Slice Lowfat 1% Milk	PREFUEL 29 Asst. Yogurt, WG Goldfish 100% Juice 4oz Lowfat 1% Milk REFUEL Sunbutter Sandwich Celery & Ranch Blueberries Lowfat Milk	PREFUEL 30 Croissant W/ Butter 100% Juice Lowfat 1% Milk REFUEL WG Fruit Muffin String Cheese, Fruit Three Bean Salad Lowfat 1% 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 and Allergen Information is available on MealViewer. For Questions please contact the FNS Office: foodservice.info@ecsdsm.org

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