ECSDM Food Services

FUN FACTS

DID YOU KNOW...

Butternut squash is a member of the winter squash family and has been grown for thousands of years! It is believed to have originated in Central and South America before spreading around the world.

It has a naturally sweet, nutty flavor and a smooth, creamy texture—perfect for roasting, soups, and adding to many of your favorite meals!

Fun Fact: Butternut Squash is technically a fruit because it develops from a flower and contains seeds.



NY FOODS DAYS

NYS Foods Day – November 4th

Harvest of the Month – Butternut Squash

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 class room.

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

- 11/4 – Bosc Pears
- 11/5 – Mini Cucumbers
- 11/10 – Cantaloupe
- 11/12 – Petit Banana
- 11/16 – Blueberries
- 11/17 – Mango Chunks

Enlarged City School District of Middletown
Elementary K-5 School
November 2026

Breakfast & Lunch

NAE -No Antibiotics Ever

M - Meatless Monday

-Plant Based Option

Menu Subject to Change Without Notice

Please Notify Staff or Any Known Food Allergies

Monday	Tuesday	Wednesday	Thursday	Friday
M **2** **PREFUEL** Egg and Cheese WG Kaiser Mini Cinni **REFUEL** Cheesy Bread Sticks w/ Garlic Butter, WG Pasta Salad, Marinara Dipping, Buttered Corn, Baked Fries, Applesauce, Fruit Choice, Milk Choice	**3** **COUNTY WIDE SUPERINTENDENT CONFERENCE DAY NO SCHOOL FOR STUDENTS**	**4** **PREFUEL** Egg and Cheese Kaiser, Cherry Frudel **REFUEL** NYS Hot Dog, WG Roll, Campus Made Chili, Cheese Sauce, Baked Fries, NYS Carrot Sticks, Hummus and Ranch Dips, NYS Pear, Milk Choice	**5** **PREFUEL** Sausage Egg and Cheese or Goody Ring or Yogurt Meal **REFUEL** Chicken Poppers, Shredded Cheddar, WG Roll, Mashed Potatoes, Campus Made Gravy, Roasted NYS Butternut Squash Coins, Corn, Fruit Choice, Milk Choice	**6** **PREFUEL** Blueberry 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 **9** **PREFUEL** IW Pumpkin Roll, Egg and Cheese WG Kaiser, Mini Waffles **REFUEL** French Toast Sticks, Turkey Sausage, Sweet Potato Fries, Syrup, Applesauce, Fruit Choice Milk Choice	**10** **PREFUEL** Ham, Egg & Cheese Sandwich or WG Muffin or Fruit Bread Slice **REFUEL** Chicken Sliders, WG Slider Buns, Oven Baked Fries, Chickpea Salad, Pickles, Lettuce, Tomatoes, NYS Apple Milk Choice NAE	**11** VETERANS DAY	**12** **PREFUEL** Sausage Egg and Cheese or Goody Ring or Yogurt Meal **REFUEL** Chicken Nuggets, WG Pasta Salad, Steamed Buttered Corn, Creamy Cucumber Salad, Dinner Roll, NYS Pear, Milk Choice NAE	**13** **PREFUEL** Asst. Smoothies Shortened Session 9-12 **REFUEL** Pizza, Plain or Pepperoni, Steamed Broccoli, Farm Fresh Friday, Cinnamon Roasted NYS Butternut Squash, Fresh Fruit Choice, Milk Choice
M **16** **PREFUEL** Egg and Cheese WG Kaiser, Apple Frudel Shortened Session 6-8 **REFUEL** Mac n Cheese, Burger Mac n Cheese, Steamed Broccoli, Fruit Choice, Milk Choice	**17** **PREFUEL** Ham, Egg & Cheese Sandwich, WG Muffin or Fruit Bread Slice Shortened Session 9-12 **REFUEL** Meatsauce, Cheesy Garlic Bread, Marinated Chickpea Salad, Seasoned Carrot Coins, Fresh Fruit Choice, Milk Choice	**18** **PREFUEL** Egg and Cheese Kaiser, Shortened Session K-5 **REFUEL** Grilled Cheese, Apple Sauce, Baby Carrots, Fruit Choice Milk Choice	**19** **PREFUEL** Sausage Egg and Cheese, Goody Ring, Yogurt Meal Shortened Session K-5 **REFUEL** Chicken Tenders, Sweet Potato Fries, WG Dinner Roll, Baby Carrots, Fruit Choice, Milk Choice	**20** **PREFUEL** Strawberry Banana Smoothies Shortened Session K-5 **REFUEL** Pizza, Cheese or Pepperoni, Fresh Fruit Choice Milk Choice
M **23** **PREFUEL** Egg and Cheese Wg Kaiser, Stuffed Bagel **REFUEL** Mozzarella Sticks, WG Roll, Marinara Dipping, Steamed Broccoli, Corn, Fruit Choice, Milk Choice	**24** **PREFUEL** Ham, Egg & Cheese Sanwdich, WG Muffin or Fruit Bread Slice **REFUEL** Loaded Fries, Beef Chili or Seasoned NYS Black Beans, Cheese Sauce, WG Dinner Roll, Salsa, Gravy & Sour Cream, NYS Pears, Milk Choice	**25** **PREFUEL** Egg and Cheese Kaiser Shortened Session K-12 NATIONAL PARFAIT DAY **REFUEL** Parfaits or NY Burger on WG Bun, Cheese, Baby Carrots, Fresh Fruit Choice, Milk Choice	**26** HAPPY THANKSGIVING NO SCHOOL	**27** THANKSGIVING RECESS NO SCHOOL
M **30** **PREFUEL** Egg and Cheese WG Kaiser, Cinn. Toast Crunch Pastry **REFUEL** WG French Toast Sticks, Turkey Sausage, Buttered Corn, Apple Sauce, Syrup, 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@ecsdm.org
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