ECDM FOOD SERVICES

FUN FACTS

NUTRITIONAL POWERHOUSE

VITAMIN A
Supports healthy vision, skin, and a strong immune system.

POTASSIUM
Helps regulate blood pressure and supports heart and muscle function.

FIBER
Aids digestion, helps keep you full longer, and supports gut health.

ANTIOXIDANTS
Helps protect the body's cells from damage and supports overall health.

VITAMIN C
Supports a healthy immune system, helps the body heal, and aids in absorption of iron.

MAGNESIUM
Supports strong bones, muscle function, and helps convert food into energy.

NY FOODS DAYS

NYS Days – November 4th & 6th

Harvest of the Month – Butternut Squash

Fueling Minds – Nourishing Legacy Makers



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 NG But. Chicken Tenders, Campus Made WG Pizza, NYS Yogurt and Fresh Fruit Smoothies with WG Granola. Boars Head Deli Bar on WG Bread, Elaborate Salad Bar 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 Freepain NYS Milk or Fat Free NYS Chocolate Milk. Additional Fruit, Vegetables, and Milk Options.

Enlarged City School District of Middletown
Secondary 6-12 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
2 PREFUEL Cinnamon Rolls REFUEL Buddha Bowl or Chicken Tikka, Crispy Tofu, Roasted Chickpeas, Roasted Red Beet Salad, White Rice, Toasted Pita Triangles, Corn, NYS Pear, Milk Choice	3 COUNTY WIDE SUPERINTENDENT CONFERENCE DAY NO SCHOOL FOR STUDENTS	4 PREFUEL NYS Egg Sandwich Bar REFUEL NYS Hot Dog Bar, Campus Made Chili, Cheese Sauce, Crumbled Bacon, Pickles, Roasted Broccoli NYS Onion Rings, NYS Apple Juice, NYS Pears, Fruit Choice, Milk Choice	5 PREFUEL Apple Cinnamon Spiced Oatmeal Bar REFUEL Campus Made Waffles, Chicken Tenders, Maple Syrup, Roasted Butternut Squash, Creamy Cucumber Salad, Fruit Choice, Milk Choice	6 PREFUEL Baked Maple French Toast National Nacho Day REFUEL Milestone Mills NYS WG Tortilla Chips, Beef, Chicken Fajita or Seasoned Blacks, WG Rice, Cheese Sauce, Salsa, Guacamole, Sour Cream, Scallions, NYS Apple, Milk Choice
M 9 PREFUEL IW Pumpkin Roll REFUEL Mozzarella Sticks, Jalapeno or Plain, Marinara Sauce, WG Dinner Roll, Sweet Potato Fries, Crazy Corn, NYS Apple, Milk Choice	NAE 10 PREFUEL Yogurt Parfait Bar REFUEL Chicken Sliders, Pickles, Cheese, Classic NYS Coleslaw, Oven Baked Fries, BBQ Baked Veggie Beans, Fresh Fruit Choice, Milk Choice	11 Veterans Day	12 PREFUEL Oatmeal Bar REFUEL Breaded Chicken Drumstick, Mashed Potato, WG Dinner Roll, Gravy, Roasted NYS Butternut Squash, NYS Pears, Milk Choice	13 PREFUEL Donuts Shortened Session 9-12 ONLY NYS Soccer REFUEL Manager Special, NYS Kale Caesar Salad, Fresh Fruit Choice Milk Choice
16 PREFUEL Cinnamon Rolls Shortened Session 6-8 REFUEL French Toast, Sausage Patty, Buttery Sweet Corn, Sweet Potato Fries, Syrup, Fresh Fruit Choice Milk Choice	17 PREFUEL Yogurt Parfait Bar Shortened Session 9-12 REFUEL Chicken Sliders, Slider Buns, LTO, Cheese Choice, Baked Fries, Roasted Broccoli, Fresh Fruit Choice, Milk Choice	18 PREFUEL NYS Egg Sandwich Bar Shortened Session K-5 REFUEL Loaded Fries, Beef Chili or Seasoned Black Beans, Seasoned WG Rice, Cheese Sauce, Sour Cream, Bacon Crumbles, Scallions, Fresh Fruit Choice, Milk Choice	19 PREFUEL Apple Cinnamon Spiced Oatmeal Shortened Session K-5 REFUEL Build a Mac n Cheese, Beef or Buffalo Chicken, Roasted NYS Butternut Squash, NYS Apple Juice, Fresh Fruit Choice, Milk Choice	20 PREFUEL Fresh Smoothies Shortened Session K-2 REFUEL Chips, Beef, Chicken Fajita, or Seasoned Black Beans, WG Rice, Cheese Sauce, Campus Made Salsa, Guacamole, Sour Cream, Scallions, NYS Apples, Milk Choice
23 PREFUEL Cinnamon Rolls Apple Crisp REFUEL Mozzarella Sticks, Marinara Sauce, WG Dinner Roll, Steamed Corn, NYS Apples Fresh Fruit Choice, Milk Choice	NAE 24 PREFUEL Yogurt Parfait Bar Apple Crisp REFUEL Chicken Chunk, w/ Hot, BBQ,or Honey Mustard, Cornbread, NYS Carrot Sticks with Ranch Dip, Seasonal Green Salad with Grape Tomatoes and Cucumbers, Apple Sauce, Fresh Fruit Choice, Milk Choice	25 PREFUEL Campus Made Pumpkin Muffins SHORTENED SESSION K-12 NATIONAL PARFAIT DAY REFUEL Assorted Parfaits or Popcorn Chicken, Sweet Potato Fries, NYS Pears, Milk Choice	26 Happy Thanksgiving NO SCHOOL	THANKSGIVING RECESS 27 NO SCHOOL
M 30 PREFUEL Cinnamon Rolls REFUEL French Toast, Sausage Patty, Buttery Sweet Corn, Sweet Potato Fries, 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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