Enlarged City School District of Middletown

Vended UPK Off Site Meals

November 2026

Breakfast & Lunch

NAE -No Antibiotics Ever

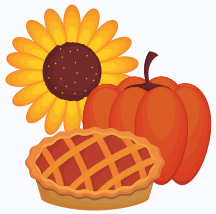
M - Meatless Monday

-Plant Based Option

Menu Subject to Change Without Notice

Please Notify Staff or Any Known Food Allergies

Fueling Minds Nourishing Legacy Makers

Monday	Tuesday	Wednesday	Thursday	Friday
M **REFUEL** 2 Yogurt 4oz Cup, NYS String Cheese 1oz, WG Goldfish Cracker 1oz, Applesauce Cup, Carrot, Lowfat 1% Milk **SNACK** Scooby & 4oz Juice	**REFUEL** 3 Hummus and Salsa Cup, Scoops, Apple Sauce, NYS String Cheese 1oz, Corn, Lowfat 1% Milk **SNACK** Goldfish Graham Cracker & Fruit	**REFUEL** 4 Mini Yogurt Parfait Granola Cucumber Slices Fruit of the Week Lowfat 1% Milk **SNACK** Animal Cracker & Juice	**REFUEL** 5 WG Fruit Muffin String Cheese, Oranges, Broccoli Salad Lowfat 1% Milk **SNACK** Cheez its & Fruit	**REFUEL** 6 Turkey on WG Sliced BRead Celery Sticks Apple Slice Lowfat 1% Milk **SNACK** Mixed Fruit & 2 Cheese Sticks
M **REFUEL** 9 Yogurt 4oz Cup NYS String Cheese 1oz WG Goldfish Cracker 1oz Applesauce Cup Carrots, Lowfat 1% Milk **SNACK** MJM & Juice	**REFUEL** 10 Salami & Cheese Sandwich on WG Bread, Corn Banana Lowfat 1% Milk **SNACK** 4oz Yogurt & Apple Slice	11 	**REFUEL** 12 Sunbutter Sandwich Carrots Apple Slice Lowfat 1% Milk **SNACK** Mixed Fruit & Cheese Stick	**REFUEL** 13 Elbow Pasta Salad w/ Chicken Cubed Mozzarella ½ Cup Apple Slices, Grape Tomatoes, Goldfish or Pretzel Lowfat 1% Milk **SNACK** Educational Cookie & Apple
M **REFUEL** 16 Yogurt 4oz Cup NYS String Cheese 1oz WG Goldfish Cracker 1oz Applesauce Cup, Carrots Lowfat 1% Milk **SNACK** Pretzel & 4oz Juice	**REFUEL** 17 Fruit Bread Slice String Cheese, Corn Fresh Fruit Lowfat 1% Milk **SNACK** Scooby & Fruit Cup	**REFUEL** 18 Ham & Cheese Sandwich on WG Bread Carrot P/C & Ranch Dressing Apple Slice, Lowfat 1% Milk **SNACK** Educational Cookie & Apple	**REFUEL** 19 WG Fruit Muffin String Cheese, Fruit Zucchini Slices Lowfat 1% Milk **SNACK** Cheerio & 4oz Juice	**REFUEL** 20 1 Hardboiled Egg String Cheese, Pretzel Celery Slices & Ranch Dressing, Fruit, Lowfat 1% Milk **SNACK** Cheez Its & Fruit Cup
M **REFUEL** 23 Yogurt 4oz Cup NYS String Cheese 1oz WG Goldfish Cracker 1oz Applesauce Cup Carrots, Lowfat 1% Milk **SNACK** Pretzel & 100% Juice	**REFUEL** 24 Hummus and Salsa Cup Scoops, Craisin NYS String Cheese 1oz Corn, Lowfat 1% Milk **SNACK** 4oz Yogurt & Apple Slice	**REFUEL** 25 Mini Yogurt Parfait Granola Pepper Strips Apple Slices Lowfat 1% Milk **SNACK** Animal Cracker & Fruit	26  NO SCHOOL	THANKSGIVING RECESS 27 NO SCHOOL 
M **REFUEL** 30 Yogurt 4oz Cup NYS String Cheese 1oz WG Goldfish Cracker 1oz Applesauce Cup Carrots, Lowfat 1% Milk **SNACK** Pretzel & 100% 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@ecsdm.org

ECSDM is an Equal Opportunity Employer