Enlarged City School District of Middletown
Abilities First
November 2026

Breakfast & Lunch

NAE -No Antibiotics Ever

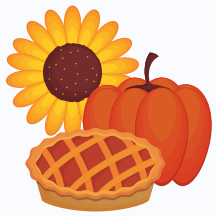
M - Meatless Monday

-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 **2** **PREFUEL** Cheerios Cereal Bowl, 100% Juice 4oz, Lowfat 1% Milk **REFUEL** Yogurt 4oz Cup, NYS String Cheese 1oz, WG Goldfish Cracker 1oz, Applesauce Cup, Carrot, Lowfat 1% Milk	**3** **PREFUEL** Campus Made Corn Muffin, 100% Juice 4oz, Lowfat 1% Milk **REFUEL** Hummus and Salsa Cup, Scoops, Apple Sauce, NYS String Cheese 1oz, Corn, Lowfat 1% Milk	**4** **PREFUEL** WG Bagel w/ Cream Cheese PC, 100% Juice 4oz, Lowfat 1% Milk **REFUEL** Hummus and Salsa Cup, Scoops, Apple Sauce, NYS String Cheese 1oz, Corn, Lowfat 1% Milk	**5** **PREFUEL** English Muffin W/Butter or Cream Cheese, 100% Juice 4oz, Lowfat 1% Milk **REFUEL** WG Fruit Muffin, String Cheese, Oranges, Broccoli Salad, Lowfat 1% Milk	**6** **PREFUEL** WG Fruit Muffin, 100% Juice 4oz, Lowfat 1% Milk **REFUEL** Turkey on WG Sliced Bread, Celery Sticks & Apple Slice, Lowfat 1% Milk
M **9** **PREFUEL** 1oz Cheerios Cereal Bowl, 100% Juice & Lowfat 1% Milk **REFUEL** Yogurt 4oz Cup, NYS String Cheese 1oz, WG Goldfish Cracker 1oz, Applesauce Cup, Carrots, Lowfat 1% Milk	**10** **PREFUEL** WG Fruit Bread Slice, 100% Juice & Lowfat 1% Milk **REFUEL** Salami & Cheese Sandwich on WG Bread, Corn, Banana, Lowfat 1% Milk	**11** 	**12** **PREFUEL** Mango Smoothie & Teddy Graham 100% Juice, Lowfat 1% Milk **REFUEL** Sunbutter Sandwich, Carrots, Apple Slice, Lowfat 1% Milk	**13** **PREFUEL** Assorted Yogurt, WG Goldfish, 100% Juice 4oz, Lowfat 1% Milk **REFUEL** Elbow Pasta Salad w/ Chicken, Cubed Mozzarella, ½ Cup Apple Slices, Grape Tomatoes, Goldfish or Pretzel, Lowfat 1% Milk
M **16** **PREFUEL** Cheerios Cereal Bowl, 100% Juice, Lowfat 1% Milk **REFUEL** Yogurt 4oz Cup, NYS String Cheese 1oz, WG Goldfish Cracker 1oz, Applesauce Cup, Carrots , Lowfat 1% Milk	**17** **PREFUEL** Strawberry Smoothie, WG Graham Cracker, 100% Juice, Lowfat 1% Milk **REFUEL** Fruit Bread Slice, String Cheese, Corn, Fresh Fruit, Lowfat 1% Milk	**18** **PREFUEL** English Muffin W/ Butter or Cream Cheese, WG Goldfish, Lowfat 1% Milk **REFUEL** Ham & Cheese Sandwich on WG Bread, Carrot P/C & Ranch Dressing, Apple Slice, Lowfat 1% Milk	**19** **PREFUEL** Croissant W/Butter, 100% Juice, Lowfat 1% Milk **REFUEL** WG Fruit Muffin, String Cheese, Fruit, Zucchini Slices, Lowfat 1% Milk	**20** **PREFUEL** WG Apple Cinnamon Muffin 100% Juice, Lowfat 1% Milk **REFUEL** 1 Hardboiled Egg, String Cheese, Pretzel, Celery Slices & Ranch Dressing, Fruit, Lowfat 1% Milk
M **23** **PREFUEL** Cereal ,100% Juice Lowfat Milk **REFUEL** Yogurt 4oz Cup, NYS String Cheese 1oz, WG Gold Fish Cracker 1oz, Applesauce Cup, Carrots, Lowfat 1% Milk	**24** **PREFUEL** WG Bagel w/ Cream Cheese 100% Juice 4oz Lowfat 1% Milk **REFUEL** Hummus and Salsa Cup Scoops, Craisin NYS String Cheese 1oz Corn, Lowfat 1% Milk	**25** THANKSGIVING RECESS 25th -27th NO SCHOOL. 	**26**  NO SCHOOL	**27** THANKSGIVING RECESS NO SCHOOL 
M **30** **PREFUEL** Cereal ,100% Juice Lowfat Milk **REFUEL** Yogurt 4oz Cup, NYS String Cheese 1oz, WG Gold Fish Cracker 1oz, Applesauce Cup, Carrots, 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@ecsdm.org

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