Enlarged City School District of Middletown

Our Lady and Mount Carmel

November 2026

Breakfast & Lunch

NAE -No Antibiotics Ever

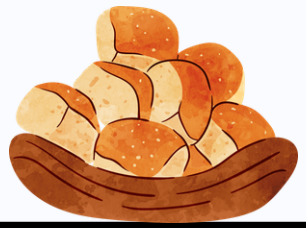
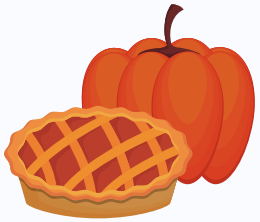
M - Meatless Monday

-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** Assorted Cereal **REFUEL** Cheesy Bread Sticks w/ Garlic Butter, WG Pasta Salad, Marinara Dipping, Buttered Corn, Baked Fries, Applesauce, Fruit Choice, Milk Choice	NAE **3** **PREFUEL** Ham, Egg & Cheese Sandwich or WG Muffin or Fruit Bread Slice **REFUEL** Chicken Poppers, Shredded Cheddar, WG Roll, Mashed Potatoes, Campus Made Gravy, Roasted NYS Butternut Squash Coins, Corn, Fruit Choice, Milk Choice	**4** **PREFUEL** Egg and Cheese Kaiser, Cherry Frudel **REFUEL** NYS Hot Dog, WG Roll, Campus Made Chili, Cheese Sauce, Baked Fries, NYS Carrot Sticks, Celery Sticks, Hummus and Ranch Dips, Milk Choice	**5** **PREFUEL** Sausage Egg and Cheese or Goody Ring or Yogurt Meal **REFUEL** Pizza, Plain or Pepperoni, Pizza Sauce, Sliced Mozzarella, NYS Broccoli Salad, Fresh Fruit Choice, Milk Choice	**6** **PREFUEL** Blueberry Smoothies or Sky Blue Bakery Item HALF DAY NO LUNCH SERVED
9 **PREFUEL** IW Pumpkin Roll, **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, Fresh Fruit Choice NAE Milk Choice	**11** 	**12** **PREFUEL** Sausage Egg and Cheese or Goody Ring or Yogurt Meal **REFUEL** Chicken Nuggets, WG Pasta Salad, Steamed Buttered Corn, Steamed Broccoli, Fruit Choice NAE Milk Choice	**13** **PREFUEL** Asst. Smoothies Sky Blue Bakery Item **REFUEL** Pizza, Plain or Pepperoni, Steamed Broccoli, Cucumber Salad, Farm Fresh Friday, Cinnamon NYS Butternut Squash, Fresh Fruit Choice, Milk Choice
M **16** **PREFUEL** Assorted Cereal **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 **REFUEL** Campus Made Meatsauce, Cheesy Garlic Bread, Sweet Potato Fries, Seasoned Carrot Coins, Fresh Fruit Choice, Milk Choice	**18** **PREFUEL** Egg and Cheese Kaiser, Mini Cinni HALF DAY PARENT TEACHER CONFERENCE NO LUNCH SERVED	**19** **PREFUEL** Sausage Egg and Cheese, Goody Ring, Yogurt Meal HALF DAY PARENT TEACER CONFERENCE NO LUNCH SERVED	**20** **PREFUEL** Strawberry Banana Smoothies **REFUEL** Pizza, Cheese or Pepperoni, Marinated Chickpea Salad Cups, Fresh Fruit Choice Milk Choice
23 **PREFUEL** Assorted Cereal **REFUEL** Thanksgiving Feast, Roast Sliced Turkey with Gravy, Mashed Potatoes, Cornbread, Corn, Roasted Butternut Squash, Applesauce, 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, Sour Cream, NYS Pears, Milk Choice	**25** **PREFUEL** Egg and Cheese Kaiser HALF DAY NOON DISMISSAL NO LUNCHE SERVED	**26**  NO SCHOOL	THANKSGIVING RECESS **27** NO SCHOOL 
30 **PREFUEL** Assorted Cereal **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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