

# MIDDIE MEALS ELEMENTARY KITCHEN NEWS!



## Nutritious Meals

We're here to fuel your day with goodness. Scholars enjoy a delicious balanced prefuel and refuel at no cost. Many options are available, including plant forward items.



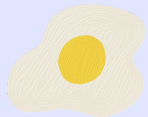
## Household Income Verification

We ask all scholars to have a completed form on file at the beginning of each school year. Completion of the form is vital for district-wide educational programs, including grants, funding, college preparation courses and scholar engagement opportunities.



## Fresh Fruit & Vegetable Program

Aims to encourage healthy eating daily by providing fresh fruit and vegetables. Offered on Tuesdays and Thursdays, starting Sept. 18.



## Allergies or Dietary Needs?

We care about every scholar's needs. Please work with your health care provider and inform your school health services department of any allergies, and we'll make sure they enjoy their meals safely.



## Access The Digital Menus

Meal Viewer ([schools.mealviewer.com](https://schools.mealviewer.com)) is available by mobile app, or our website, and enables users to view menus, nutritional information, allergens and serving sizes.



## Snack Attack

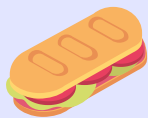
Craving a snack? We've got you covered! Check out our variety of wholesome snacks for sale during lunch service, Monday-Friday, beginning Sept. 18 (grades 1-5) and Oct. 15 (kindergarten).



## Managing Funds

Putting money on your scholar's meal account is a breeze. You can:

1. Visit our website and use the online payment portal
2. Drop off cash or a check at the school cafeteria



## Let's Connect

Together, we create a food-loving community!

Parents, scholars, and staff come together to promote healthy eating and well-being. Have feedback, questions, or ideas? We'd love to hear from you!

Call: (845) 326-1230.

Email: [foodservice.info@ecsdms.org](mailto:foodservice.info@ecsdms.org)



## Join Us on This Journey to a Healthier Lifestyle

Remember, prefuel and refuel are available at no cost to all scholars in attendance. Let's eat smart, play hard and learn!