



Enlarged City School District of Middletown

Secondary 6-12 School

November 2023



#MIDDIESMEALSONTHEMOVE

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 Information is available on MealViewer. For Questions please contact the FNS Office: foodservice.info@ecsdm.org

November Harvest—Butternut Squash and Potatoes!

NYS Day—November 16th!



		Wednesday 1	Thursday 2	Friday 3
		<p>Prefuel Campus Made Muffins</p> <p>Refuel Open Face Meatloaf Sandwich with Mashed Potato, Gravy, Corn on WG Rye Bread, Roasted Carrots, NYS Pear</p>	<p>Prefuel Turkey Sausage Egg and Cheese</p> <p>Refuel Baked White and Sweet Potato Bar Based Black Beans, Beef Chili, Cheese Sauce, Bacon, Sour Cream, Grape Tomato Salad NYS Apple</p>	<p>Prefuel Campus Made Crumb Cake</p> <p>Refuel Build a Pasta Marinara, Roasted Fall Vegetables, Meatballs, Mozzarella, Garlic Bread Spinach Salad Blueberries</p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p>Prefuel Assorted Bagels with Cream Cheese and Butter</p> <p>Refuel Brunch for Lunch Egg and Cheese on a Croissant with Potato Puffs and Corn NYS Apple</p>	<p>CONFERENCE DAY</p> <p>NO SCHOOL FOR STUDENTS</p>	<p>Prefuel Campus made Muffins</p> <p>Refuel BBQ Pulled Pork Sliders with Cheddar Cheese and Coleslaw, BBQ Baked Beans, NYS Roasted Butternut Squash NYS Apple</p>	<p>Prefuel Turkey Sausage Egg and Cheese</p> <p>Refuel Build a Chicken Patty Sandwich with Chef Michaels Special Sauces, Cheese, LTO, Pickles, and Oven Baked Fries NYS Pear</p>	<p>VETERANS DAY</p> <p>NO SCHOOL</p>





Available Daily




Prefuel

Fresh Fruit Smoothies and Parfaits with WG Granola, Assorted WG Cereal with NYS String Cheese, 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 lowfat or fat free milk.

Refuel

Vegetarian Black Bean, Beef Burgers, Chicken Patty, and Spicy Chicken Patty on WG Bun. Chicken Tenders, WG Pizza, NYS Yogurt and Fresh Fruit Smoothies with WG Granola, Deli Bar with Assorted Boars Head Cold Cuts on WG Bread, Elaborate Salad Bar with Assorted Proteins, and Plant based options with a WG Roll. Offered with each meal: Local NYS Harvest Fresh Fruit of the day. Choice of low fat plain NYS milk or fat free NYS chocolate milk. Additional fruit, vegetables, and milk

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
<p>Prefuel Assorted Bagels with Cream Cheese and Butter</p> <p>Refuel Mozzarella Sticks, Campus Made Marinara, WG Dinner Roll, Crazy Corn, NYS Apple</p> 	<p>Prefuel Egg and Cheese WG Kaiser NATIONAL HOMEMADE GUACAMOLE DAY</p> <p>Refuel Build a Burrito Bowl Black Bean Salsa, Chicken, Corn, Rice, Guacamole, Salsa, Sour Cream, NYS Pear</p> 	<p>Prefuel Campus Made Muffins</p> <p>Refuel Traditional Roast Turkey Dinner, Mashed Potato's, Stuffing, NYS Roasted Butternut Squash NYS Apple Crisp</p> 	<p>Prefuel Egg and Cheese on Kaiser NATIONAL FAST FOOD DAY</p> <p>Refuel Build a Burger, Black Bean Burger, NYS Beef Burger, Cheese, LTO, Baked Beans NYS Pear</p> 	<p>Prefuel Campus Made Crumb Cake</p> <p>Refuel Campus Made Calzones, Pizza Sauce, Assorted Fillings, NYS Marinated Broccoli Salad Blueberries</p>

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<p>Prefuel Assorted Bagels with Cream Cheese and Butter</p> <p>Refuel Double Cheese Grilled Cheese with Creamy Tomato Soup, Buttered Corn NYS Apple</p> 	<p>Prefuel Egg and Cheese WG Kaiser</p> <p>Refuel Hot Roast Chicken with Carrot and Celery Sticks, Dipping Sauce, and WG Roll NYS Pear</p> 	<p>Prefuel Campus Made Muffins</p> <p>SHORTENED SESSION</p> <p>Refuel Grab and Go Assorted Wraps Bean Salad NYS Apple</p>	<p>NO SCHOOL THANKSGIVING DAY</p> 	<p>NO SCHOOL</p>

Monday 27	Tuesday 28	Wednesday 29	Thursday 30
<p>Prefuel Assorted Bagels with Cream Cheese and Butter</p> <p>Refuel Mozzarella Sticks WG Dinner Roll Campus Marinara Sauce Crazy Corn NYS Apple</p>	<p>Prefuel Egg and Cheese on WG Kaiser</p> <p>Refuel Chicken Fajitas with WG Tortillas, Sautéed Peppers and Onions, Refried Beans, Cheese, Salsa, and Sour Cream</p>	<p>Prefuel Egg and Cheese on WG Kaiser</p> <p>Refuel Chicken and Waffles, Syrup, NYS Sweet Potato Wedges NYS Pear</p>	<p>Prefuel Egg and Cheese on WG Kaiser</p> <p>Refuel 'General Tso' style Chicken and Broccoli over Rice, WG Eggrolls, Steamed Carrots, NYS Pear</p>

