



# Enlarged City School District of Middletown

## Elementary –K-5 School

### November 2023





#MIDDIESMEALS ON THE MOVE

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](mailto:foodservice.info@ecsdm.org)

**November Harvest—Butternut Squash, Potatoes, and Cauliflower!**

**NYS Day—November 28th!**



November Harvest—Butternut Squash, Potatoes, and Cauliflower!		Wednesday 1	Thursday 2	Friday 3
		<p><b>Prefuel</b> Mini French Toast Juice</p> <p><b>Refuel</b> Chicken Patty on WG Bun Oven Baked Fries Carrot Coins <b>NYS Pear</b></p>	<p><b>Prefuel</b> Assort Yogurt and Goldfish, Juice</p> <p><b>Refuel</b> Hot Dog on WG Grain Bun Green Beans Peaches and <b>NYS Apple</b></p>	<p><b>Prefuel</b> Mini Cinnis Juice</p> <p><b>Refuel</b> Pizza! Cheese or Pepperoni Steamed Broccoli Pears</p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
<p><b>Prefuel</b> Breakfast Ring, Juice <b>NATIONAL DONUT DAY Nov. 5th</b></p> <p><b>Refuel</b> Grilled Cheese with Campus Made Tomato Soup Steamed Corn <b>NYS Apple</b></p> 	<p><b>CONFERENCE DAY</b></p> <p><b>NO SCHOOL FOR STUDENTS</b></p>	<p><b>Prefuel</b> Mini Waffles Juice</p> <p><b>Refuel</b> Pizza! Cheese or Pepperoni Side Green Salad <b>NYS Apple</b></p> 	<p><b>Prefuel</b> Assort Yogurt and Goldfish, Juice <b>NATIONAL CHICKEN SANDWICH DAY</b></p> <p><b>Refuel</b> Build a Chicken Patty Sandwich with Chef Michaels Special Sauces, Cheese, LTO, Pickles, and Oven Baked Fries <b>NYS Pear</b></p>	<p><b>VETERANS DAY</b></p> <p><b>NO SCHOOL</b></p>


**Available Daily Prefuel**


Assorted WG & GF Cereals .  
All Prefuel meals are served with 100% fruit juice, fruit of the day, and choice of lowfat or fat free milk. The Enlarged City School District of Middletown offers Prefuel to all scholars in attendance. Elementary schoalrs enjoy the Prefuel in their class-room.



**Refuel**

NYS Yogurt, NYS String Cheese, and WG Crackers.  
Assorted Boar’s Head Cold Cut Sandwiches on WG Bread  
Assorted Entrée Salads w/ 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 options are available daily.

<b>Monday 13</b>	<b>Tuesday 14</b>	<b>Wednesday</b>	<b>Thursday 16</b>	<b>Friday 17</b>
<b>Prefuel</b> Assorted Cereal Juice  <b>Refuel</b> Mozzarella Sticks, Campus Made Marinara, WG Dinner Roll, Steamed Corn, <b>NYS Apple</b>	<b>Prefuel</b> WG Muffin Juice  <b>NATIONAL HOME-  MADE GUACAMOLE  DAY</b>  <b>Refuel</b> Pick a Chip Beef, Turkey, or Black Bean, Assort WG	<b>Prefuel</b> Mini Pancakes Juice  <b>Refuel</b> Chicken Nuggets, WG Dinner Roll, Mashed Potatoes, Gravy, Cheddar Cheese, Car- rot Coins, and <b>NYS</b>	<b>Prefuel</b> Assort Yogurt Goldfish Juice  <b>Refuel</b> Traditional Roast Tur- key Dinner, Mashed Potato's, Stuffing, <b>NYS Roasted Butter-  nut</b> Apple and Peach	<b>Prefuel</b> Mini Bagels Juice  <b>FARM FRESH FRIDAY</b> <b>Parmesan Roasted  Cauliflower</b> <b>Refuel</b> Pizza! Cheese or Pepperoni Side Green Salad

<b>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday</b>	<b>Thursday 23</b>	<b>Friday 24</b>
<b>Prefuel</b> Assorted Cereal, Juice  <b>Refuel</b> WG Spaghetti with Campus Made Marinara Chicken Meatballs Steamed Broccoli	<b>Prefuel</b> Mini Cinni, Juice  <b>Refuel</b> Beef, Chicken, or Black Bean Tacos Corn or Flour Tortillas Rice and Beans  <b>NYS Pear</b>	<b>Prefuel</b> Campus Made Muffins  <b>SHORTENED SESSION</b>  <b>Refuel</b> Pizzaboli Baby Carrots <b>NYS Apple</b>	<b>NO SCHOOL  THANKSGIVING DAY</b>	<b>NO SCHOOL</b>

<b>Monday 27</b>	<b>Monday 28</b>	<b>Wednesday</b>	<b>Thursday 30</b>
<b>Prefuel</b> Assorted Cereal, Juice  <b>Refuel</b> Mozzarella Sticks, Campus Made Marinara, WG Dinner Roll, Steamed Corn, <b>NYS Apple</b>	<b>Prefuel</b> WG Bread Slice, Juice   <b>Refuel</b> <b>NYS Day!</b> Hamburger or Cheeseburger on WG Bun, Lettuce and To- mato, Pickles, Carrot Coins <b>NYS Pear</b>	<b>Prefuel</b> Mini Waffles, Juice  <b>Refuel</b> Chicken Sliders Oven Baked Fries Carrot Coins <b>NYS Apple</b>	<b>Prefuel</b> Assort Yogurt, Gold- fish, Juice  <b>Refuel</b> Mac n Cheese String Cheese Garlic Bread Green Beans  <b>NYS Pear</b>

