

SEPTEMBER 2024 MECH CAFE

Elementary
Menu

EVERY DAY BREAKFAST CHOICES OFFERED

Assorted Cereal
Assorted Muffins w/NYS Yogurt
All choices served with assorted fruit, juice & NYS milk

MONDAY

2
Labor Day
No School

9
Snack'n Waffle

French Toast Sticks
Turkey Sausage
Sweet Potato Tots

16
Breakfast Pastry

Toasted Ham &
Cheese Croissant
Tomato Soup
Green Beans

23
Snack'n Waffle

Chicken & Waffles
Sweet Potato Fries
Assorted Veggie
Juice

30
Breakfast Pastry

Cheeseburger
French Fries
Pepper Sticks
Applecrisp

TUESDAY

3
Conference Day
No School

10
Egg & Cheese Wrap

Ultimate Nachos
Tex Mex Beans
Rainbow Pepper Stick

17
Breakfast Burrito

Rotini w/ Meat Sauce
Garlic Breadstick
Roasted Broccoli

24
Egg & Cheese Wrap

Cheesy Breadstick
w/marinara
Green Beans

WEDNESDAY

4
Conference Day
No School

11
Breakfast on a Stick

Sampler Platter
(assorted appetizers)
Fresh veggie
dippers

18
Yogurt Parfait

Beef Hot Dog
Pasta Salad
Baked Beans
Corn on the Cob

25
Breakfast on a Stick

Popcorn Chicken Bowl
Corn
Garlic Knot

THURSDAY

5
Bacon Egg Bites

Chicken Tenders
Emoji Fries
Assorted Veg

12
Breakfast Sandwich

Buffalo Chicken Mac
& Cheese
Broccoli Nuggets
Cornbread

19
Bacon Egg Bites

Orange Chicken
Fried Rice
Dumpling
Carrots

26
Breakfast Sandwich

Chicken Alfredo
Texas Toast
Roasted Zucchini

FRIDAY

6
Fresh Donut

Cheese or Pepperoni
Pizza w/ Garden
Salad

13
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

20
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

27
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

Every Day Lunch Alternatives

Protein Pack
Peanut Butter & Jelly
Assorted Deli Sandwich
Chef Salad

*All meals are served
with fresh fruit,
vegetable of the day
and NYS milk

In collaboration with
**CAPITAL REGION
BOCES**
SHARED FOOD SERVICE PROGRAM

View Menus Online



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SEPTEMBER 2024 MECH CAFE

JR/SR
Menu

EVERY DAY BREAKFAST CHOICES OFFERED

Bagels w/cream cheese
Assorted Cereal
Assorted Muffins w/NYS Yogurt
All choices served with assorted fruit, juice & NYS milk

MONDAY

2
Labor Day
No School

9
Snack'n Waffle
Philly Cheesesteak
Baked Chips
Veggie Dippers

16
Breakfast Pastry
Toasted Ham &
Cheese Croissant
Tomato Soup
Green Beans

23
Snack'n Waffle
Cheeseburger
French Fries
Rainbow Pepper
Sticks

30
Breakkfast Pastry
Pulled Pork
Coleslaw
Baked Chips
Applecrisp

TUESDAY

3
Conference Day
No School

10
Egg & Cheese Wrap
Taco Salad w/ salsa
& Guacamole
Black Beans & Corn

17
Breakkfast Burrito
Baked Potato Bar
Roasted Broccoli
Dinner Roll

24
Egg & Cheese Wrap
Cheesy Breadstick
w/marinara
Green Beans

WEDNESDAY

4
Conference Day
No School

11
Breakfast on a Stick
Wing Platter
Veggie Dippers
Garlic Knot

18
Yogurt Parfait
Beef Hot Dog
Pasta Salad
Baked Beans
Corn on the Cob

25
Breakfast on a Stick
Popcorn Chicken Bowl
Corn
Garlic Knot

THURSDAY

5
Bacon Egg Bites
Buffalo Chicken
Mac & Cheese
Roasted Broccoli
Garlic Breadstick

12
Breakfast Sandwich
Chicken & Waffles
Sweet Potato Fries
Cucumber Coins

19
Bacon Egg Bites
Orange Chicken
Fried Rice
Dumpling
Carrots

26
Breakfast Sandwich
Chicken Alfredo
Texas Toast
Roasted Zucchini

FRIDAY

6
Fresh Donut
Cheese or Pepperoni
Pizza w/ Garden
Salad

13
Fresh Donuts
Cheese or Pepperoni
Pizza w/ Garden
Salad

20
Fresh Donuts
Cheese or Pepperoni
Pizza w/ Garden
Salad

27
Fresh Donuts
Cheese or Pepperoni
Pizza w/ Garden
Salad

Every Day Lunch Alternatives

Protein Pack
Peanut Butter & Jelly
Assorted Deli Sandwiches and Salads
Chicken Sandwiches
Pizza Slice

*All meals are served
with fresh fruit,
vegetable of the day
and NYS milk

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