

OCTOBER 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Breakfast Burrito

Loaded Chicken & Cheese Tacos
Black Beans & Corn
Rainbow Pepper Stick

2 Fruit & Yogurt Parfait

Popcorn Chicken & Mozzarella Sticks
Sweet Potato Fries
Veggies w/dip

3 Bacon Egg Bites

Macaroni & Cheese w/ corn muffin Broccoli Bites
Warm Cinnamon Apples

4 Fresh Donut

Cheese or Pepperoni Pizza w/ Garden Salad

7 Snack'n Waffle

Rotini & Meat Sauce
Garlic Breadstick
Steamed Green Beans

8 Egg & Cheese Wrap

French Toast Sticks
Turkey Sausage Links
Sweet Potato Tots
100% Juice

9 Breakfast on a Stick

Chicken Nuggets
Garlic Knot
Mashed Potato
Veggie w/ hummus

10 Breakfast Sandwich

Pineapple Teriyaki
Chicken w/ dumpling
Steamed Rice & Broccoli

11 Fresh Donuts

Cheese or Pepperoni Pizza w/ Caesar Salad

14 Columbus Day
NO SCHOOL



15 Breakfast Burrito

Ultimate Nachos
refried Bean Dip
Golden Treasure Corn

16 Yogurt Parfait

Cannonball Marinara
Sub w/ French Fries
NYS Apples

17 Bacon Egg Bites

Pirates Pierogies
Kielbasa Bites
Steamed Broccoli
Parrot Pears

18 Fresh Donuts

Cheese or Pepperoni Pizza w/ Garden Salad

21 Snack'n Waffle

Chicken & Waffles
Sweet Potato Fries
Assorted Veggie Juice

22 Egg & Cheese Wrap

Cheesy Breadstick w/marinara
Broccoli Bites
Treat

23 Breakfast on a Stick

Popcorn Chicken Bowl
Corn
Garlic Knot

24 Breakfast Sandwich

Tortellini Chicken Alfredo
Texas Toast
Peas & Carrots

25 Fresh Donuts

Cheese or Pepperoni Pizza w/ Garden Salad

28 Breakfast Pastry

Cheeseburger
French Fries
Pepper Sticks
Choc Chip Cookie

29 Breakfast Burrito

BBQ Chicken
Herbed Rice
Honey Glazed Carrots

30 Yogurt Parfait

Macaroni & Cheese
Corn Muffin
Seasoned Green Beans
Cinnamon Apples

31 Bacon & Egg Bites

Mummy Dogs
Tomato Soup
Veggie Dippers
Dirt & Worms Cup



View Menus Online



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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

This institution is an equal opportunity employer

OCTOBER 2024 MECH CAFE

JR/SR
Menu

EVERY DAY BREAKFAST CHOICES OFFERED

Assorted Cereal
Assorted Muffins w/NYS Yogurt
Bagels w/cream cheese

All choices served with assorted fruit, juice & NYS milk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Breakfast Burrito

Taco Salad w/all the toppings
Corn & Beans
Treat

2
Fruit & Yogurt Parfait

Crispy Chicken Tenders
Corn Muffin
Fresh veggies w/ hummus

3
Bacon Egg Bites

Macaroni & Cheese w/ Buffalo Chicken
Breadstick & Broccoli

4
Fresh Donut

Cheese or Pepperoni Pizza w/ Garden Salad

7
Snack'n Waffle

Bistro Burger
Curly Fries
Rainbow Pepper Sticks

8
Egg & Cheese Wrap

Popcorn Chicken Bowl
Corn
Dinner Roll
Fresh Veg w/Hummus

9
Breakfast on a Stick

Beef Barbacoa Tacos
Sweet Potato Fries
Cucumber Salad
Choc Chip Cookie

10
Breakfast Sandwich

Gen Tso Chicken
Fried Rice
Veg Egg Roll
Steamed Green Beans

11
Fresh Donuts

Cheese or Pepperoni Pizza w/ Caesar Salad

14
Columbus Day
NO SCHOOL

15
Breakfast Burrito

Ultimate Nachos
Mexican Street Corn
Mango Peach Applesauce

16
Yogurt Parfait

Meatball Sub
French Fries
NYS Apples

17
Bacon Egg Bites

Tortellini Alfredo w/ chicken & breadstick Broccoli

18
Fresh Donuts

Cheese or Pepperoni Pizza w/ Garden Salad

21
Snack'n Waffle

Pulled Pork on a Kaiser Roll
Coleslaw
Kettle Chips

22
Egg & Cheese Wrap

Chicken & Waffles
Sweet Potato Fries
Juice Cup

23
Breakfast on a Stick

Chicken Wings & Mozzarella Sticks
Pita Chips w hummus
Fresh Veggie

24
Breakfast Sandwich

Potato Pierogies
Kielbasa Bites
Steamed Broccoli
Warm Cinnamon Pears

25
Fresh Donuts

Cheese or Pepperoni Pizza w/ Caesar Salad

28
Breakfast Pastry

Sausage & Pepper Sub or Hot Dog
Totellini Pasta Salad

29
Breakfast Burrito

Buffalo Chicken Dip w/ chips
Carrot & Celery
Grape Slushie

30
Yogurt Parfait

Rotini w/ Meat Sauce
Garlic Knot
Roasted Broccoli

31
Bacon & Egg Bites

BYO Burrito Bowl
Halloween Treat

Every Day Lunch Alternatives

Protein Pack
Peanut Butter & Jelly
Assorted Deli Sandwiches & Salads
Chicken Sandwich
Cheese Pizza
Salad Bar

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