

# DECEMBER 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  
Snack'n Waffle  
Rotini w/ Meat Sauce  
Warm Garlic Knot  
Green Beans  
Fresh Fruit

9  
Breakfast Pastry  
Bosco Sticks  
Yogurt Cup  
Steamed Broccoli  
Fresh Fruit

16  
Snack'n Waffle  
Cheeseburger  
Baked Chips  
Rainbow Pepper  
Sticks  
Fresh Fruit

### TUESDAY

3  
Egg & Cheese Wrap  
Crispy Chicken  
Sandwich  
Sweet Potato Fries  
Corn

10  
Egg & Cheese Wrap  
Loaded Soft Tacos  
Refried Beans  
Corn & Salsa  
Fresh Fruit

17  
Egg & Cheese Wrap  
Orange Chicken  
Fried Rice  
Steamed Broccoli  
Fresh Fruit

### WEDNESDAY

4  
Pancake & Sausage  
Pizza Crunchers  
Broccoli Nuggets  
Fresh Fruit  
Choc Chip Cookie

11  
Overnight Oats  
Pierogies w/  
Kielbasa Bites  
Crunchy Kale Salad  
Fresh Fruit

18  
Pancake & Sausage  
Chicken Nuggets  
Emoji Fries  
Cucumber Coins  
Fresh Fruit

### THURSDAY

5  
Bacon Egg Bites  
Macaroni & Cheese  
Cornbread Muffin  
Peas & Carrots  
Fresh Fruit

12  
Breakfast Sandwich  
Mozzarella Sticks &  
Popcorn Chicken  
Basket w/ Fries  
Fresh Fruit & Veggies

19  
Bacon Egg Bites  
Tortelli Alfredo w/  
Chicken  
Texas Toast  
Peas & Carrots  
Fresh Fruit

### FRIDAY

6  
Fresh Donut  
Cheese or Pepperoni  
Pizza w/ Garden  
Salad  
Fresh Fruit

13  
Fresh Donuts  
Cheese or Pepperoni  
Pizza w/ Garden  
Salad  
Fresh Fruit

20  
Fresh Donuts  
Cheese or Pepperoni  
Pizza w/ Garden  
Salad  
Fresh Fruit

23

24

25

26

27

Happy Holidays

30

## 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

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# DECEMBER 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  
Snack'n Waffle  
Rotini w/ Meat Sauce  
Warm Garlic Knot  
Peas & Carrots  
Fresh Fruit

9  
Breakfast Pastry  
Popcorn Chicken Bowl  
Dinner Roll  
Corn  
Fresh Fruit

16  
Snack'n Waffle  
Chicken Tenders  
Pesto Parmesan Rotini  
Fresh Veggies  
Fresh Fruit

### TUESDAY

3  
Egg & Cheese Wrap  
Buffalo Chicken Dip  
Corn on the Cob  
Carrots & Celery  
Fresh Fruit

10  
Breakfast Platter  
Bosco Sticks w/  
marinara  
Broccoli Nuggets  
Choc Chip Cookie

17  
Egg & Cheese Wrap  
Bistro Burger  
Curly Fries  
Veggie Dippers  
Fresh Fruit

### WEDNESDAY

4  
Breakfast on a Stick  
Loaded Soft Tacos  
Corn & Black Bean  
Salsa  
Fresh Fruit

11  
Overnight Oats  
Roasted Pork Loin  
w/Wild Rice  
Sweet Potato  
Casserole  
Crunchy Kale Salad

18  
Bacon Egg Bites  
General Tso's Chicken  
Fried Rice  
Veggie Egg Roll  
Fresh Fruit

### THURSDAY

5  
Bacon Egg Bites  
Macaroni & Cheese  
Jalapeno Cornbread  
Mango Peach  
Applesauce

12  
Breakfast Sandwich  
Potato & Cheddar  
Pierogies w/  
Kielbasa Bites  
Peas & Carrots  
Fresh Fruit

19  
Yogurt Parfait  
BYO Burrito Bowl  
Tortilla Chips  
Tex Mex Black Bean  
Fresh Fruit

### FRIDAY

6  
Fresh Donut  
Cheese or Pepperoni  
Pizza w/ Garden  
Salad  
Fresh Fruit

13  
Fresh Donuts  
Cheese or Pepperoni  
Pizza w/ Caesar  
Salad  
Fresh Fruit

20  
Fresh Donuts  
Cheese or Pepperoni  
Pizza w/ Garden  
Salad  
Fresh Fruit

23

24

25

26

27

Happy Holidays

## Every Day Lunch Alternatives

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

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

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