

February 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

3
Snack'n Waffle

Hot Dog on a Bun
French Fries
Green Beans
Cookie

TUESDAY

4
Egg & Cheese Wrap

Chicken & Waffles
Emoji Fries
Grape Juice

WEDNESDAY

5
Pancake & Sausage

Ultimate Nachos
Black Beans & Corn
Assorted Fruit

THURSDAY

6
Bacon Egg Bites

Macaroni & Cheese
Steamed Broccoli
Warm Cinnamon
Apples

FRIDAY

7
Fresh Donut

Cheese or Pepperoni
Pizza w/ Garden
Salad
Fresh Fruit

10
Breakfast Pastry

Rotini w/ Meat Sauce
Garlic Breadstick
Mixed Vegetable

11
Egg & Cheese Wrap

Chicken Nuggets
Emoji Fries
Veggie Dippers
Treat

12
Overnight Oats

French Toast Sticks
Turkey Sausage
Sweet Potatoes
Orange juice

13
Breakfast Sandwich

General Tso Chicken
Fried Rice
Steamed Broccoli

14
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad
Fresh Fruit

17

WINTER Break!

18

19

20

21

24
Snack'n Waffle

Potato & Cheddar
Pierogies w/ Kielbasa
Broccoli

25
Egg & Cheese Wrap

Mozzarella Sticks &
Popcorn Chicken
Basket
Cucumber Coins

26
Pancake & Sausage

Loaded Soft Tacos
Refried beans
Corn

27
Bacon Egg Bites

Tortelli Alfredo w/
Chicken
Garlic Knot
Peas & Carrots

28
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad
Fresh Fruit

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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FEBRUARY 2025 MECH CAFE

JR/SR
Menu

BREAKFAST 7:30AM-8AM

Bagels w/cream cheese

Assorted Cereal

Assorted Muffins w/NYS Yogurt

All choices served with assorted fruit, juice & NYS milk

MONDAY

3
Snack'n Waffle
Rotini w/ Meat Sauce
Breadstick
Green Beans
Fresh Fruit

TUESDAY

4
Egg & Cheese Wrap
Grilled cheese &
Tomato Soup
Broccoli Slaw
Cookie

WEDNESDAY

5
Breakfast on a Stick
Chicken & Waffles
Home Fries
Assorted Veggie
Dippers

THURSDAY

6
Bacon Egg Bites
Ultimate Nachos
Mexican Street Corn
Mango Peach
Applesauce

FRIDAY

7
Fresh Donut
Cheese or Pepperoni
Pizza w/ Garden
Salad
Fresh Fruit

10
Breakfast Pastry

Chicken Tenders
Pesto Parmesan Rotini
Fresh Veggies
Fresh Fruit

11
Breakfast Platter

Bistro Burger
Curly Fries
Veggie Dippers
Fresh Fruit

12
Overnight Oats

Turkey Jack Panini
Chili-Cinnamon Sweet
Potatoes
Broccoli Slaw

13
Breakfast Sandwich

Potato & Cheddar
Pierogies w/
Kielbasa Bites
Peas & Carrots

14
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad
Fresh Fruit & Treat

17

18
WINTER Break!
20
21

24
Snack'n Waffle

Wing Sampler
Waffle Fries
Celery Stick

25
Egg & Cheese Wrap

BYO Burrito Bowl
Tex Mex Black Beans
Fresh Fruit

26
Yogurt Parfait

Philly Cheesesteak w/
peppers & onions
Baked Chips
Assorted Veggies

27
Bacon Egg Bites

General Tso Chicken
Lo Mein Noodles
Dumpling
Carrots

28
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad
Fresh Fruit

THIS MONTH'S SPECIALS

Taco Salad
Chicken Salad Sandwich

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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