

JANUARY 2025 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 2 3
**HAPPY
NEW YEAR**

6 Snack'n Waffle

Rotini w/ Meat Sauce
Garlic Breadstick
Green beans
Baby Carrots

7 Egg & Cheese Wrap

Chicken & Waffles
Emoji Fries
Grape Juice
Veggie Dippers

8 Breakfast on a Stick

Ultimate Nachos
Salsa
Corn
Pepper Sticks

9 Breakfast Sandwich

Macaroni & Cheese
Yogurt Cup & Granola
Steamed Broccoli
Cucumbers

10 Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

13 Breakfast Pastry

Toasted Cheese
Tomato Soup
Goldfish
String Cheese & Cukes

14 Egg & Cheese Wrap

BBQ Turkey meatloaf
Mashed Potato
Corn Muffin
Warm Cinnamon Pears

15 Berry Overnight Oats

Cheesy Breadsticks
w/ marinara
Broccoli Bites
Veggie Dippers
Treat

16 Bacon Egg Bites

Orange Chicken
Fried Rice
Steamed Broccoli
Baby Carrots

17 Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad



21 Egg & Cheese Wrap

Chicken Nuggets
Warm Garlic Knot
Green Beans
Fresh Veggies

22 Breakfast on a Stick

French Toast Sticks
Cheese Omelet
Home fries
Orange Juice

23 Breakfast Sandwich

Tortellini Chicken
Alredo
Texas Toast
Peas & Carrots

24 Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

27 Snack'n Waffle

Cheeseburger
French Fries
Pepper Sticks
Winter Berry Salad

28 Egg & Cheese Wrap

Wild Mike's Cheesy Bites
Broccoli Bites
Fresh Fruit
Choc Chip Cookie



30 Bacon & Egg Bites

Loaded Soft Tacos
Refried Beans
Corn & Fresh Fruit

31 Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM

View Menus Online



linqconnect.com

This institution is an equal opportunity employer

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

JANUARY 2025 MECH CAFE

JR/SR
Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAPPY
NEW YEAR

THIS MONTH'S SPECIALS

Asian Noodle Salad
Banh mi Sandwich

6 Snack'n Waffle

Rotini w/Meat Sauce
Garlic Breadstick
Green Beans
Warm Cinnamon Pears

7 Egg & Cheese Wrap

Baked Potato Bar
Garlic Knot
Steamed Broccoli

8 Breakfast on a Stick

Wings, Sticks & Fries
Veggie Dippers w/
Hummus

9 Bacon Egg Bites & Biscuit

Chili & Cheese Nachos
Mexican Street Corn
Mango Peach
Applesauce

10 Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad

13 Breakfast Pastry

Pollock Po'Boy Sandwich
Potato Wedges
Cocoa Brownie Bar

14 Breakfast Platter

NEW
BBQ Pork Rice Bowl
Pinto Beans
Winter Fruit Salad

15 Berry Overnight Oats

Grilled Cheese &
Tomato Soup
Goldfish
Cucumber Coins

16 Breakfast Sandwich

Mac & Cheese
Buffalo Cauliflower
Texas Toast

17 Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

20
**MLK
DAY**

21 Egg & Cheese Wrap

Bistro Burger
Tortellini Salad
Kettle Cooked Chips

22 Breakfast on a Stick

NYS Cheese Omelet
Sausage Links
Home Fries
Orange Juice

23 Bacon Egg Bites & Biscuit

Taco Salad
Cowboy Cavier
Pineapple
Rice Crispy Treat

24 Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

27 Breakfast Pastry

Cuban Sandwich
Housemade Pickles
Waffle Fries

28 Breakfast Platter

Buffalo Chicken Dip
w/ chips
Carrot & Celery
Grape Slushie

29



30 Breakfast Sandwich

BBQ Turkey Meatloaf
Mashed Potatoes
Roasted broccoli
Warm Cinnamon Apples

31 Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad

EVERY DAY LUNCH CHOICES

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

EVERY DAY BREAKFAST CHOICES

OFFERED 7:30-8AM THE CAFE

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

In collaboration with
**CAPITAL REGION
BOCES**
SHARED FOOD SERVICE PROGRAM
View Menus Online



linqconnect.com

This institution is an equal opportunity employer.