



MARCH 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

3
Breakfast Pastry

Cheesy Breadsticks
w/ marinara
Broccoli Bites

10
Snack'n Waffle

Chicken Nuggets
Emoji Fries
Steamed Peas & Carrots

17
Breakfast Pastry

Pot of Gold Stuffed
Peppers
Shamrock Yogurt
Parfait

24
Conference Day
NO SCHOOL

31
Breakfast Pastry

Cheeseburger
French Fries
Pepper Sticks
Applecrisp

TUESDAY

4
French Toast Bites

Crispy Chicken Sandwich
Yogurt w/ granola
Tomato, Cucumber
Salad

11
Egg & Cheese Wrap

Toasted Cheese
Tomato Soup
w/goldfish
String Cheese & Cucumber

18
Egg & Cheese Wrap

Mozzarella Sticks &
Popcorn Chicken
Baked Chips
Assorted Veg

25
Egg & Cheese Wrap

Chicken & Waffles
Emoji Fries
Grape Juice

WEDNESDAY

5
Breakfast on a Stick

French Toast Sticks
Sausage
Home Fries
Juice

12
Yogurt Parfait

Soft Tacos
Chips w/ bean dip
Yellow Corn

19
Breakfast on a Stick

Mini Corn Dogs
Corn on the Cob
Maple Baked Beans
Maple Glazed Carrots

26
Breakfast on a Stick

Winner Chicken
Dinner
w/ mashed potatoes,
corn, gravy & biscuit

THURSDAY

6
Bacon Egg Bites

Macaroni & Cheese
Soft Pretzel Stick
Green Beans
Warm Cinnamon Apples

13
Breakfast Sandwich

Orange Chicken
Fried Rice
Steamed Broccoli

20
Bacon Egg Bites

Tortellini Alfredo w/
Chicken
Texas Toast
Peas & Carrots

27
Breakfast Sandwich

Rotini w/ Meat Sauce
Garlic Breadstick
Green Beans

FRIDAY

7
Fresh Donut

Cheese or Pepperoni
Pizza w/ Garden
Salad

14
Fresh Donuts

Cheese Pizza Pi w/
Caesar Salad
Perfect Pear Hand Pie

21
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

28
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

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MARCH 2025 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

3
Breakfast Pastry
Rotini w/ Meat Sauce
Steamed Broccoli
Warm Cinnamon Pears

10
Snack'n Waffle
Popcorn Chicken Bowl
w/ corn, mashed potatoes & gravy
Dinner Roll
Fresh Veggies

17
Breakfast Pastry
Corned Beef Rueben
Pesto Parmesan Rotini
Honey Glazed Carrots
Treat

24
Conference Day
NO SCHOOL

31
Breakfast Pastry
Tortellini Chicken
Alfredo
Garlic Knot
Roasted Broccoli

TUESDAY

4
French Toast Bites
Chicken and Sausage
Jambalaya
Corn on the Cob
Cinnamon Bun

11
Egg & Cheese Wrap
BBQ Turkey Meatloaf
French Fries
Rainbow Pepper Sticks
Choc Chip Cookie

18
Breakfast Burrito
Bistro Burger
Pasta Salad
Tropical Kiwi Fruit
Salad

25
Egg & Cheese Wrap
BBQ Pork Bowl
Pineapple Corn Rice
Pinto Beans
Cucumber Slices

WEDNESDAY

5
Breakfast on a Stick
Crispy Buffalo Chicken
Wrap
Baked Chips
Coleslaw

12
Overnight Oats
Brunch
Fresh Egg Frittata
Sunrise Waffles
Sweet Potato Hash
Juice

19
Breakfast on a Stick
Maple BBQ Chicken
Maple Sriracha Baked
Beans & Coleslaw

26
Yogurt Parfait
Waffle Grilled Cheese
Tomato Soup
Fresh Veggie &
Hummus

THURSDAY

6
Bacon Egg Bites
Ultimate Nachos
Cowboy Caviar
Mango Peach
Applesauce

13
Breakfast Sandwich
Macaroni and Cheese
w/ Buffalo Chicken
Breadstick & Roasted
Broccoli

20
Bacon Egg Bites
Pineapple Teriyaki
Chicken
Oven Fried Rice
Stir Fry Vegetables

27
Breakfast Sandwich
Taco Salad
Fresh Pico de Gallo
Mexican Street Corn
Rice Crispy Treat

FRIDAY

7
Fresh Donut
Cheese or Pepperoni
Pizza w/ Garden
Salad

14
Fresh Donuts
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Cheese or Pepperoni
Pie w/ Caesar Salad
Pear Hand Pie

21
Fresh Donuts
Cheese or Pepperoni
Pizza w/ Garden
Salad

28
Fresh Donuts
Cheese or Pepperoni
Pizza w/ Caesar
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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