



# MAY 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

SCHOOL LUNCH  
SUPER HERO DAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

View Menus Online



linqconnect.com

## Every Day Lunch Alternatives

Protein Pack  
Peanut Butter & Jelly  
Assorted Deli Sandwiches and Salads  
Chicken Sandwiches  
Pizza Slice  
Warm Pretzel w/ Cheese

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

1

Bacon Egg Bites

Baked Potato Bar  
Roasted Broccoli  
Garlic Knot

2

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

6

Fruit & Yogurt Parfait

Bistro Burger  
NYS Breaded Onion Rings  
Pasta Salad

7

Breakfast on a Stick

Chicken & Waffles  
Home Fries  
100% Juice Cup

8

Breakfast Burrito

Macaroni & Cheese w/  
Buffalo Chicken  
Roasted Zucchini

9

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

12

Snack'n Waffle

Chicken Tenders  
Sweet Potato Fries  
Pepper Sticks

13

Overnight Oats

Pork Carnitas Tacos  
Veggie Pinto Beans  
Crunchy Sweet Apple  
Slaw

14

Egg & Cheese Wrap

Alaskan Pollock Po'boy  
Roasted Potato Wedges  
Fruit Salad

15

Breakfast Sandwich

Pineapple Teriyaki  
Chicken w/egg roll  
Oven Fried Rice  
Vegetable Stir Fry

16

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

19

Snack'n Waffle

Popcorn Chicken  
w/mashed potatoes,  
gravy, corn & dinner  
roll

20

Breakfast on a Stick

Bosco Breadsticks w/  
Marinara  
Crispy Roasted Brussels  
Tomato & Mozz Salad

21

Yogurt Parfait

Rotini w/ Meat Sauce  
NY Roasted Asparagus  
Garlic Breadstick

22

Breakfast Sandwich

Walking Tacos  
Salsa & Bean Dip  
Strawberry Applesauce

23

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

26

MEMORIAL  
DAY

27

Overnight Oats

Toasted Ham &  
Cheese Croissant  
Tomato Soup  
Cucumbers

28

Breakfast on a Stick

Chicken & Cheese  
Quesadilla  
Salsa  
Fruit Salad

29

Egg & Cheese Wrap

Teriyaki Street Noodles  
Steamed Broccoli  
Tangy Ginger Edamame  
Salad

30

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad



# MAY 2025 MECH CAFE

Elementary

## 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

SCHOOL LUNCH  
SUPER HERO DAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

View Menus Online



linqconnect.com

### 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

1

Bacon Egg Bites

Macaroni & Cheese  
w/ Popcorn Chicken  
Garlic Knot  
Steamed Broccoli

2

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

6

Fruit & Yogurt Parfait

Crispy Chicken Patty  
Sweet Potato Fries  
Strawberry Spinach  
Salad

7

Breakfast on a Stick

French Toast Sticks  
Sausage, Homefries  
& Juice

8

Breakfast Burrito

Mini Corn Dogs  
Pasta Salad  
Rainbow Peppers  
Warm Cinnamon Pears

9

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

12

Snack'n Waffle

Chicken Nuggets  
Mashed Potatoes  
Fresh Veggies w/hummus  
Cocoa Cherry Bar

13

Overnight Oats

Cheesy Breadsticks  
w/ marinara  
Broccoli Bites  
Orange Wedges

14

Egg & Cheese Wrap

Cheeseburger  
French Fries  
Rainbow Pepper Sticks  
Fruit Salad

15

Breakfast Sandwich

Tortellini Alfredo w/  
Chicken  
Texas Toast  
Peas & Carrots

16

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

19

Snack'n Waffle

Personal Pizza  
Roasted Zucchini  
Choc Chip Cookie

20

Breakfast on a Stick

Chicken & Cheese  
Quesadilla  
Bean Dip w/ Chips  
Corn

21

Yogurt Parfait

Rotini w/ Meat Sauce  
NY Roasted Asparagus  
Garlic Breadstick

22

Breakfast Sandwich

Orange Chicken  
Fried Rice  
Roasted Carrots

23

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

26

MEMORIAL  
DAY

27

Overnight Oats

Chicken & Waffles  
Emoji Fries  
Fresh Fruit & Juice

28

Breakfast on a Stick

Toasted Cheese  
Tomato Soup  
Cucumber Coins

29

Egg & Cheese Wrap

Chicken Ramen Bowl  
Steamed Broccoli  
Fortune Cookie

30

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad