



JUNE 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

2  
Snack'n Waffle  
Chicken Tenders  
French Fries  
Assorted Veggies

## TUESDAY

3  
Overnight Oats  
Turkey Tacos w/  
Black Bean & Corn Salsa  
Topping Station

## WEDNESDAY

4  
Egg & Cheese Wrap  
Buffalo Chicken Dip  
Carrots & Celery  
Strawberry Shortcake

## THURSDAY

5  
Bacon Egg Bites  
Macaroni and Cheese  
Garlic Breadstick  
Roasted Broccoli

## FRIDAY

6  
Fresh Donuts  
Cheese or Pepperoni  
Pizza w/ Garden  
Salad

9  
Breakfast Pastry

Bistro Burger  
NYS Onion Rings  
Coleslaw

10  
Fruit & Yogurt Parfait

Wing Platter  
Garlic Knot  
Strawberry Spinach Salad

11  
Breakfast on a Stick

Double Dog  
Baked Beans  
Corn on the Cob  
Watermelon

12  
Breakfast Burrito

Rotini w/meat sauce  
Texas Toast  
Green Beans  
Cinnamon Pears

13  
Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

16  
Snack'n Waffle

Cheesy Breadsticks  
w/marinara  
Roasted Zucchini  
Fresh Fruit

17  
Overnight Oats

Chef's Choice

18  
Egg & Cheese Wrap

Chef's Choice

19  
No School  
Juneteenth

20  
Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

23  
Snack'n Waffle

Alternate Menu  
Available

24  
Breakfast on a Stick

Alternate Menu  
Available

25  
Yogurt Parfait

Alternate Menu  
Available

26  
Breakfast Sandwich

Alternate Menu  
Available



# HELLO SUMMER

## 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

View Menus Online



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JUNE 2025

Elementary

# MECH CAFE

Harvest of the Month

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

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2  
Snack n Waffle  
  
Cheesy Breadsticks  
Seasoned Green Beans  
Fresh Veggie Cup  
Treat

3  
Overnight Oats  
  
Soft Tacos  
Corn & Black Bean  
Salsa  
Apple Slices

4  
Egg & Cheese Wrap  
  
French Toast Sticks  
Turkey Sausage  
Home Fries  
Orange Juice

5  
Bacon Egg Bites  
  
Macaroni & Cheese  
w/ dinner roll  
Broccoli Bites  
Cinnamon Apples

6  
Fresh Donuts  
  
Cheese or Pepperoni  
Pizza w/ Garden  
Salad

9  
Breakfast Pastry  
  
Chicken Nuggets  
Dinner Roll  
Mashed Potato  
Corn

10  
Fruit & Yogurt Parfait  
  
Mozzarella Sticks  
French Fries  
Zucchini

11  
Breakfast on a Stick  
  
Hot Dog  
Baked Chips  
Coleslaw  
Watermelon

12  
Breakfast Burrito  
  
Orange Chicken  
Fried Rice  
Steamed Broccoli  
Grape Tomato

13  
Fresh Donuts  
  
Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

16  
Snack'n Waffle  
  
Pizza Crunchers  
Steamed Broccoli  
Fresh Fruit  
Treat

17  
Overnight Oats  
  
Mini Corn Dogs  
Rainbow Peppers  
Warm Cinnamon Pears

18  
Egg & Cheese Wrap  
  
Chicken Sandwich  
Sweet Potato Fries  
Strawberries

19  
No School  
Juneteenth

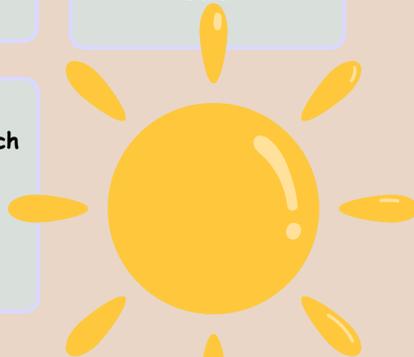
20  
Fresh Donuts  
  
Cheese or Pepperoni  
Pizza w/ Garden  
Salad

23  
Snack'n Waffle  
  
Grilled Cheese  
Yogurt w/granola  
Cucumber Slices

24  
Breakfast on a Stick  
  
Chicken Nuggets  
Emoji Fries  
Salad

25  
Yogurt Parfait  
  
Rotini w/ Meat Sauce  
Garlic Breadstick  
Green Beans

26  
Breakfast Sandwich  
  
Cheeseburger  
Baked Chips  
Fresh Veggie Cup



# HELLO SUMMER

### 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

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This institution is an equal opportunity employer