

BREAKFAST & LUNCH

Mech Cafe Elementary

February 2023


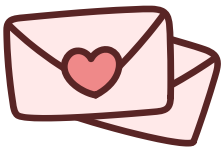

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 WG French Toast w/ Syrup Chinese New Year! General Tso's Chicken Fried Rice FROOT JOOCE	2 Scrambled Eggs w/ WG Toast Grilled Cheese Tomato Soup Green Beans	3 Yogurt w/ WG Muffin Bosco's WG Cheese Filled Bread Sticks Tossed Salad	
6 WG Fruity Frudel Chicken Patty on a Bun Sweet Tater Tots	7 Egg & Cheese on an WG English Walking Tacos Black Bean & Corn Salad	8 Yogurt WG Strawberry Chex Hamburger on a Bun French Fries	9 WG Pancakes & Sausage On a Stick Chicken Noodle Soup Ham & Cheese Sandwich & Cucumbers	10 WG Bagel with Cream Cheese & Jelly Cheese Pizza Steamed Broccoli	
13 Ass't WG Cereal w/ Pop Tart BBQ Chicken on a Bun Crunchy Broccoli w/ Dip	14 WG French Toast Bites CUPCAKE WAR TODAY Sloppy Joes Corn Salad	15 Yogurt WG Homemade Blueberry Mufin Hot Dog on a Bun Baked Beans	16 Sausage-Egg-Cheese on a WG Biscuit Cheddar Broccoli Soup Turkey Sandwich Crunchy Broccoli-Dip	17 WG Cinnamon Bun French Bread Pizza Tossed Salad Cookie Treat for President's Day	
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	
27 WG Poptart Cheese Stick Popcorn Chicken Mashed & Corn	28 WG Bagel w/ Cream Cheese Grilled Cheese Tomato Soup Green Beans	<div>TITAN SCHOOL SOLUTIONS</div> <div>Simply manage your student's account</div> <div>Visit family.titank12.com ! It's never too late to fill out an application and stay up to date with your student's meal account balance.</div>			
<div>UPCOMING EVENTS Cupcake War will be on Tuesday February 14th Contact Mrs. Mackey to Sign up at 518-450-4085 or dmackey@mechanicville.org</div>		<div><div><p>Special Treats such as the Froot Jooce & President's Day Cookies are included in the lunch meal.</p><p>For students who bring a lunch, these treats are available to purchase a la carte.</p></div><div><p>All breakfasts include fruit juice and milk</p><p>All lunches include fruit and milk</p></div></div>			<div>Daily Alternate Entrees: Grab & Go Breakfast Freshly Made Deli Sandwiches/ Salads PB&J Meal Kit Protein Packs</div>
		<div>STUDENT MEAL PRICING Breakfast: \$1.25 Lunch: \$2.50</div>			
		<div>Deb Mackey, Food Service Director (518) 450-4085 dmackey@mechanicville.org</div>			
<div>This institution is an equal opportunity employer</div>					

BREAKFAST & LUNCH

Mech Cafe

Jr-Sr High School

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Homemade Blueberry Muffin Cheese Sandwich Tomato Soup Green Beans	2 Pancakes w/ sausage Pasta Bar Spaghetti w/ meatballs or Chicken & Broc Alfredo	5 Mini Waffles Cheese Pizza Salad Bar
6 Scrambled Eggs Bacon & Toast Chicken Tenders Mashed-Corn Roll & Butter	7 Strawberry Cream Cheese Filled French Toast Mozzarella Sticks Marinara Italian Medley	8 Yogurt Homemade Muffin Michigan Hot Dog Baked Beans	9 Ham & Cheese Sliders Sharon's Theme Meal Chicken Wings Tortilla Chips Carrots & Celery Homemade Ranch	10 Avocado Toast Fried Egg Bosco's Cheese Filled Bread Sticks Broccoli
13 WG Bagel w/ Cream Cheese Dipper Day Nuggets, Mozz Stix, Bosco's- Celery stix	14 Fresh Baked Cinnamon Roll Cupcake War Today Chicken Pot Pie Steamed Carrots	15 French Toast Casserole Tomato Soup Grilled Cheese Chic Peas	16 Egg & Cheese on an English Iron Chef Winner Chicken Penne Pesto Salad Bar	17 Pancake and Sausage on a Stick Pizza Bar Roasted Broccoli
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 WG Bagel w/ Cream Cheese Chicken Patty On A Bun Sweet Potato Fries	28 WG Bagel w/ Cream Cheese Baked Ziti Garlic Bread Tossed Salad	 Simply manage your student's account Visit family.titank12.com ! It's never too late to fill out an application and stay up to date with your student's meal account balance.		

UPCOMING EVENTS

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February 14th

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at 518-450-4085 or
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All breakfasts
include fruit juice
and milk
All lunches include
fruit and milk

Daily Alternate Entrees:

Grab & Go Breakfast
Freshly Made Deli Sandwiches/
Salads
PB&J Meal Kit
Protein Packs

STUDENT MEAL PRICING

Breakfast: \$1.75
Lunch: \$2.75

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