

# BREAKFAST & LUNCH

# Mech Cafe Elementary

# March 2023

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Special Treats such as Cookies are **included in the lunch meal.** For students who bring a lunch, these treats are available to **purchase a la carte.**

**All breakfasts include fruit juice and milk**  
**All lunches include fruit and milk**

1 French Toast Sticks  
.....  
Hamburger  
French Fries

2 Yogurt Blueberry Muffin  
**Dr. Suess B'day!**  
.....  
Roast Beast Sandwich  
Truffula Trees w/ Dip  
Whoville Cookies  
1 fish 2 fish rainbow fish

3 WG Cinnamon Bun  
.....  
Cheese Pizza  
Broccoli

6 Ass't Cereal  
Pop Tart  
**National School Breakfast Week**  
.....  
Chicken & Waffles  
Green Beans

7 WG Bagel w/ Cream Cheese  
.....  
Ham, Egg & Cheese on an English  
Home Fries

8 Egg & Cheese on an English  
.....  
Cheeseburger on a Bun  
Pinto Bean Relish

9 Fruity Frudel  
.....  
French Toast Casserole  
Sausage Links  
Sweet Tater Tots

10 WG Bagel w/ Cream Cheese  
.....  
Cheese Pizza  
Broccoli Salad

13 Ass't Cereal Muffin  
.....  
Chicken Patty on a Bun  
Sweet Potato Fries

14 Waffles  
.....  
Nachos  
Beef & Cheese  
Bean Salad

15 Yogurt w/ Homemade Muffin  
.....  
Grilled Cheese  
Tomato Soup  
Green Beans

16 Pancake & Sausage on a Stick  
.....  
Spaghetti & Meatballs  
Tossed Salad- Dressing

17 **NO SCHOOL Superintendent's Conference Day**

20 Ass't's Cereal Cheese Stick  
.....  
Chicken Tenders  
Mashed Biscuit

21 Pancakes w/ syrup  
.....  
**Beach Party**  
Mixed Italian Sub  
Pasta Salad  
3-Bean Salad

22 Mini Waffles  
.....  
Chicken Noodle Soup  
Chicken Salad Sandwich  
Carrots w/ Ranch

23 WG Bagel w/ Cream Cheese & Jelly  
.....  
Lasagna Roll UP  
Tossed Salad  
Texas Toast

24 English Muffin w/ cheese melt  
.....  
Cheese Pizza  
Broccoli

27 Ass't Cereal Muffin  
.....  
BBQ Chicken  
Buttered Shells  
Mixed Veggies

28 Scrambled Eggs Toast  
.....  
Pulled Pork Nachos w/ cheese  
Mexi Bean Salad

29 French Toast w/ syrup  
.....  
Roast Turkey  
Mashed & Gravy  
Corn & Roll w/ butter

30 Fruity Frudel  
.....  
**Opening Day B'all**  
Hot Dogs - Popcorn  
Red Pepper Strips  
w/Ranch-Popsicles

31 Cini Minis  
.....  
Cheese Pizza  
Brussels Sprouts

### UPCOMING EVENTS

National School Breakfast Week

Beach Party on 3/21

Opening Day Baseball 3/30



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.

### Daily Alternate Entrees:

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

**Deb Mackey, Food Service Director**  
(518) 450-4085  
dmackey@mechanicville.org

### STUDENT MEAL PRICING

**Breakfast: \$1.25**

**Lunch: \$2.50**

# BREAKFAST & LUNCH

# Mech Cafe Jr-Sr High School

# March 2023

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Special Treats such as Cookies are **included in the lunch meal.** For students who bring a lunch, these treats are available to **purchase a la carte.**

**All breakfasts include fruit juice and milk**  
**All lunches include fruit and milk**

1 Snackin' Waffles  
.....  
Tomato Soup  
Grilled Cheese  
Chic Peas

2 Everything Bagel w/ Cream Cheese  
.....  
Chicken Tenders  
Baked Potato Bar  
Roll & Butter

3 Homemade French Toast  
.....  
Cheese Pizza  
Parm Crusted  
Brussels Sprouts

6 Pancake & sausage on a stick  
.....  
**National School Breakfast Week**  
Chicken & Waffles  
Sweet Tater Tots

7 Funnel Cakes w/ powdered sugar  
.....  
Taco Bar  
all the fixin's  
Corn Salad

8 Sausage Gravy on Biscuit  
.....  
Western Frittata  
Jalapeno Corn Bread  
Ranch Beans

9 Egg & Cheese on an English  
.....  
Pulled Pork on a Bun  
Cole Slaw

10 Homemade Apple Muffins  
.....  
Pizza Variety!  
Broccoli

13 Maple Glazed Donuts  
.....  
Chicken Parm on a Bun  
Brussels Sprouts w/ Balsamic Reduction

14 Scrambled Eggs Toast  
.....  
Taco Bar  
all the fixin's  
Mexi Bean Salad

15 WG Bagel w/ Cream Cheese  
.....  
Wings & Rings  
Texas Toast  
Celery & Carrot Sticks

16 Ham & Cheese Sliders  
.....  
Cream of Potato w/ Bacon Soup  
Grilled Ham & Cheese Broccoli

17 **NO SCHOOL Superintendent's Conference Day**

20 WG Bagel w/ Cream Cheese  
.....  
Spicy Chicken Patty on a bun  
Maple Glazed Carrots

21 French Toast w/ Syrup  
.....  
**Beach Party**  
Mixed Italian Sub  
Pasta Salad  
Pea Salad

22 Homemade Apple Crisp  
.....  
NYS Hamburger on a bun  
French Fries

23 Avocado Toast  
.....  
Bosco's Cheese Filled Breadstick Broccoli

24 Cheese Omelet Toast  
.....  
Fish Wich w/ tartar Cole Slaw

27 Homemade Muffins  
.....  
Chicken Tenders  
Mac & Cheese  
Carrots

28 Scrambled Eggs Bacon Toast  
.....  
Taco Salad in a Tortilla Bowl  
Dirty Rice & all the fixin's

29 Waffles  
.....  
Pork Chops  
Scalloped Potatoes  
Beets- Roll & butter

30 Fruit & Yogurt Parfait w. granola  
.....  
**Opening Day B'ball**  
Hot Dog - Popcorn  
Crunchy Veggies  
**ICE CREAM!**

31 Pancakes w/ syrup  
.....  
Cheese Pizza  
Broccoli

## UPCOMING EVENTS

National School Breakfast Week  
March 6 - 10th

Beach Party 3/21

Opening Day Baseball  
3/30



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**Lunch: \$2.75**