

BREAKFAST & LUNCH

Mech Cafe Elementary

March
2023

MONDAY

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**.

TUESDAY

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

WEDNESDAY

THURSDAY

FRIDAY

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 Asst'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'ball
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

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**.

TUESDAY

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

WEDNESDAY

THURSDAY

FRIDAY

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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Deb Mackey, Food Service Director
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STUDENT MEAL PRICING

Breakfast: \$1.75

Lunch: \$2.75