



# June 2023

# Mech Cafe

## Jr-Sr High School

# BREAKFAST & LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**Did**  
Fruit is offered at breakfast and lunch!

**you**  
We have a fresh salad bar offered at lunch!

**KNOW?**  
Our slush is made from 100% juice!

**1** Egg & Cheese Breakfast Sandwich  
.....  
Burger or Hot Dog  
Smiley Fries  
Corn on the Cob

**2** Berry Parfait w/ Poptart  
.....  
Cheese Pizza  
Green Beans

**5** Dutch Waffles (funnel cakes!!)  
.....  
Bosco's Sticks  
Broccoli

**6** Glazed Cinnamon Roll  
.....  
Cheese Quesadilla w/ sour cream & salsa  
Cowboy Caviar

**7** Cheese Omelet w/ Toast  
.....  
Cheesy Chicken Patty  
Red Pepper Strips  
Roll & Butter

**8** French Toast Casserole  
.....  
Honey Siracha Chicken  
Rice  
Peas & Carrots

**9** Cereal w/ Cheese Stick  
.....  
Cheese Pizza  
Cucumber Sticks

**12** Homemade Muffins w/ Yogurt  
.....  
Chicken Fajita Bowl  
Rice & Beans

**13** Breakfast Sandwiches  
.....  
Roasted Turkey  
Mashed Potato  
Maple Glazed Carrots  
Roll & Butter

**14**  
**REGENT'S**  
**Chef's Choice**

**15**  
**REGENT'S**  
**Chef's Choice**

**16**  
**REGENT'S**  
**Chef's Choice**

**19**  
**NO SCHOOL**

**20**  
**REGENT'S**  
**Chef's Choice**

**21**  
**REGENT'S**  
**Chef's Choice**

**22**  
**REGENT'S**  
**EARLY DISMISSAL**  
**Chef's Choice**  
**Grab 'n Go Lunch**

**23**  
**REGENT'S**  
**EARLY DISMISSAL**  
**Chef's Choice**  
**Grab 'n Go Lunch**

**26**  
*Have a*

**27**  
  
*safe and*

**28**  
*fun summer!*

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

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.**

**UPCOMING EVENTS**

**Summer Vacation!**

**TITAN**  
SCHOOL SOLUTIONS

Simply manage your student's account

Visit **LINQConnect.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

**STUDENT MEAL PRICING**

**Breakfast: \$1.25**  
**Lunch: \$2.75**

**Deb Mackey, Food Service Director**  
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