


June 2023

Mech Cafe Elementary

BREAKFAST & LUNCH


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Omelet w/ Toast Chicken Tenders Smiley Fries Roll & Butter Baked Apples	2 Raised & Glazed Donut Bosco's Sticks Cucumber Coins
5 Blueberry Muffin Popcorn Chicken Green Beans Roll & Butter	6 Pancakes w/syrup Hamburger on a Bun Red Pepper Slices	7 Breakfast Sandwich FIELD DAY PICNIC Hot Dog on a bun Pasta Salad Corn Watermelon	8 Early Riser (hash brown, sausage, egg & cheese) Chicken Parm on a Bun Broccoli	9 Bagel w/ cream cheese & jelly Cheese Pizza Dilled Carrots
12 Mini French Toast BBQ Meatballs Three Beans Salad Roll & Butter	13 Hard Boiled Egg w/ Sausage and Toast Roasted Turkey Mashed Potato Maple Glazed Carrots Roll & Butter	14 Muffin with cheese stick Cheesy Chicken Patty Cucumber Tomato Salad	15 Glazed Cinnamon Bun Pasta w/ Meat Sauce Broccoli Garlic Knot	16 S'mores Parfait Muffin French Bread Pizza Corn
19 NO SCHOOL	20 Cini Minis Chicken Nuggets French Fries Roll & Butter Baked Apples	21 French Toast Sticks Grilled Cheese Tomato Soup Green Beans	22 Breakfast Banana Split & Muffin EARLY DISMISSAL BAGGED LUNCH	23 Berry Parfait & Poptart EARLY DISMISSAL BAGGED LUNCH
26 <i>Have a</i> 	27  <i>safe and</i>	28 <i>fun summer!</i> 	<div> All breakfasts include fruit juice and milk All lunches include fruit and milk </div>	

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:

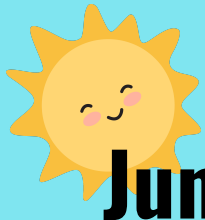
Grab & Go Breakfast
 Freshly Made Deli
 Sandwiches/ Salads
 PB&J Meal Kit
 Protein Packs

Deb Mackey, Food Service Director
1 (518) 652-2287
dmackey@mechanicville.org

STUDENT MEAL PRICING

Breakfast: \$1.25

Lunch: \$2.50




June 2023

Mech Cafe

Jr-Sr High School

BREAKFAST & LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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!	 <p>All breakfasts include fruit juice and milk All lunches include fruit and milk</p>	 <p>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.</p>

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Lunch: \$2.75

This institution is an equal opportunity employer