

September 2023

Mech Cafe Elementary

BREAKFAST & LUNCH

MONDAY

**ALL Student
Meals are
FREE**

TUESDAY

All breakfasts
include fruit juice and
milk - All lunches
include fruit,
veggie & milk

WEDNESDAY



LINQConnect

THURSDAY

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.

FRIDAY

We offer
Classroom
Catering for
birthdays
call Mrs Mackey
518-652-2287

4



5

Superintendent's
Conference Day

6

Superintendent's
Conference Day

7

Scrambled Eggs
w/ Toast

Chicken Patty on a
Bun
Sweet Potato Fries

8

Blueberry Muffin
Yogurt

Cheese Pizza
Tossed Salad

11

Cold Cereal
Muffin

Hot Meatball Sub
Broccoli

12

French Toast

Chicken & Waffles
Sweet Tater Tots

13

Yogurt
Pop Tart

Tomato Soup
Grilled Cheese
Green Beans

14

Pancakes
w/syrup

Chicken Tender Basket
French Fries

15

Raised & Glazed
Donut

French Bread Pizza
Cucumber-Tomato
Salad

18

Cold Cereal
Pop Tart

Kickin' Chicken
Nuggets
Rice
Peas & Carrots

19

French Toast
w/syrup

Cheese
Quesadilla
Mexicali Corn

20

Chocolate Chip
Muffin

Pasta w/ Meat Sauce
Very Veggie Salad

21

Egg & Cheese on
an English Muffin

Hot Dog on a Bun
Baked Beans

22

Bagel
w/ cream cheese
& jelly

Cheese Pizza
Roasted Broccoli

25

Cold Cereal
Muffin

Chicken Parm Sub
Carrots

26

Cinnamon Toast

Taco Nachos
Mexi Bean Salad

27

Fruity Frudel

Chicken Tender
Basket w/roll
French Fries

28

Mini Pancakes

Macaroni &
Cheese w/ Green
Beans

29

Scrambled Eggs
Toast

Cheese Pizza
Crunchy Broccoli &
Dip

UPCOMING EVENTS

**Recipe
Contest
stay tuned!**



Simply manage your student's account

Visit **LINQConnect.com**
to add funds to your student's
meal accounts for seconds and
ala carte purchases

Daily Alternate Entrees:

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

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

**STUDENT
2nd MEAL
PRICING**

Breakfast: \$2.25

Lunch: \$3.50

This institution is an equal opportunity employer

September
2023

Mech Cafe

Jr. - Sr High School

BREAKFAST & LUNCH

MONDAY

ALL Student
Meals are FREE

TUESDAY

All breakfasts
include fruit juice &
milk - All lunches
include fruit,
veggie & milk

WEDNESDAY



LINQConnect

THURSDAY

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.

FRIDAY



4

Wanna Join the
Food Forum?
See Mrs.
Mackey

5

Superintendent's
Conference Day

6

Superintendent's
Conference Day

7

Scrambled Eggs
w/ Toast

Bacon
Cheeseburger
Onion Rings

8

Homemade
Blueberry Muffin

Cheese Pizza
Salad Bar

11

Bagel
w/ cream cheese
& jelly

Meatballs & Sauce w/
Texas Toast & Broccoli

12

Yogurt
Pop Tart

Chicken 'N Waffles
Sweet Tater Tots

13

Homemade Apple
Muffin with
cheese stick

Taco Bar
w/ all the fixin's
Beans Salad

14

Choc Chip Pancakes
w/syrup

Tomato Soup
Grilled Cheese
Green Beans

15

Raised & Glazed
Donut

French Bread Pizza
Buttered Corn

18

Cinni Mlni

Red Raider Bowl
Mashed, Gravy,
Corn, Popcorn Chix
& Cheese w/roll

19

Ham & Cheese Melt
on a Croissant

Cheeseburger
Quesadilla
Mexicali Corn
Salad

20

Pancakes & Sausage
on a Stick

Hot Dog on a Bun
Baked Beans

21

Blueberry Muffin
Yogurt

Pasta w/ Meat Sauce
Very Veggie Salad

22

Dutch Waffles
(Funnel Cakes)

Cheese Pizza
Salad Bar

25

Homemade Pancakes
syrup & Sausage Links

Spicy Chicken Patty
on a Bun
Green Beans

26

Fried Egg & cheese
on an English Muffin

Cheese Pizza
Broccoli

27

Cinnamon Sugared
Donut

Build a Burger
cheese, bacon, lettuce
tomato & onion
Sweet Potato Fries

28

Waffles
w/ Strawberries
& Cream

Dipper Day
Mozz Stix, Nuggets
Tater Tots

29

Cinnamon Rolls

Bosco's Cheese Filled
Breadsticks
Cuke-Tomato Salad

UPCOMING EVENTS

Recipe
Contest
stay tuned!



TITAN
SCHOOL SOLUTIONS

Simply manage your student's account

Visit **LINQConnect.com**
to add funds to your student's
meal accounts for seconds and
ala carte purchases

Daily Alternate Entrees:

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

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

STUDENT
2nd MEAL
PRICING

Breakfast: \$2.25

Lunch: \$3.50

This institution is an equal opportunity employer