



Mech Cafe

Elementary



MARCH 2024

BREAKFAST & LUNCH

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

National School Breakfast Week is March 4 - 8th

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



LINQConnect

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.**

1 Yogurt Pop Tart
.....
Cheese Pizza
Roasted Broccoli

4 Bagel w/ cream cheese
.....
Chicken Patty on a Bun
Dilled Carrots

5 Yogurt Muffin
.....
General Tso's Chicken
Brown Rice
Broccoli

6 Pop Tart Cheese Stoik
.....
Mozzarella Sticks
Marinara
Mixed Bean Salad

7 Cinni Mlni
.....
Hamburger on a Bun
Buttered Corn

8 Blueberry Muffin
.....
Bosco's Breadsticks
Marinara
Tossed Salad

11 Cold Cereal Muffin
.....
Meatballs in Sauce
Bosco Stick
Broccoli

12 French Toast Minis
.....
Chicken & Waffles
Sweet Tater Tots

13 Yogurt Pop Tart
.....
Tomato Soup
Grilled Cheese
Green Beans

14 Mini Pancakes
.....
Chicken Tender Basket
French Fries
Biscuit

15 Banana Bread
.....
French Bread Pizza
Chic Pea Salad

18 Cold Cereal Pop Tart
.....
Chicken Nuggets
Buttered Shells
Peas & Carrots

19 Cinni Mlni
.....
Chicken Nachos
Mexicali Corn

20 Mini Maple Waffles
.....
Pasta w/ Meat Sauce
Roasted Broccoli

21 Chocolate Chip Muffin
.....
Hot Dog on a Bun
Baked Beans

22 Bagel w/ cream cheese & jelly
.....
Cheese Pizza
Very Veggie Salad

25 Cold Cereal Muffin
.....
Chicken Parm Sub
Green Beans

26 Yogurt w/Muffin
.....
Taco Nachos
Mexi Bean Salad

27 WG Chocolate Bread Slice
.....
Chicken Tender Basket w/roll
French Fries

28 Mini Pancakes
.....
Bosco's Cheese filled Breadsticks
Carrots w/ Ranch

29 **NO School Good Friday**

UPCOMING EVENTS

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



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: \$2.50
Lunch: \$3.50




Mech Cafe

Jr-Sr High School



MARCH 2024

BREAKFAST & LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>National School Breakfast Week is March 4 - 8th</p>	<p>All breakfasts include fruit juice and milk - All lunches include fruit, veggie & milk</p>	 <p>LINQConnect</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>	<p>1 Yogurt Pop Tart</p> <p>.....</p> <p>Cheese Pizza Roasted Broccoli</p>
<p>4 Bagel w/ cream cheese</p> <p>.....</p> <p>Chicken Patty on a Bun Sweet Potato Fries</p>	<p>5 Pancakes-blueberries</p> <p>Iron Chef Meal</p> <p>.....</p> <p>Chicken & Cheese Crunch Wrap Mexi Bean Salad</p>	<p>6 Sausage Gravy Biscuit scrambled eggs</p> <p>Iron Chef Meal</p> <p>.....</p> <p>Hamburger on a Bun Sweet Peas</p>	<p>7 Homemade pop tart w/ smoothie</p> <p>Iron Chef Meal</p> <p>.....</p> <p>Dipper Day Nuggets & Mozz Sticks-Smile Fries WG Pretzel Rod</p>	<p>8 Grilled Cheese & Bacon French Toast Hash Brown</p> <p>Iron Chef Meal</p> <p>.....</p> <p>Bosco's Cheese filled breadsticks Tossed Salad</p>
<p>11 Cold Cereal Homemade Muffin</p> <p>.....</p> <p>Chicken & Waffles Sweet Tater Tots</p>	<p>12 Banana Splits (yogurt, fruit & granola)</p> <p>.....</p> <p>Baked Ziti Tossed Salad Texas Toast</p>	<p>13 Raised & Glazed Donut</p> <p>.....</p> <p>Tomato Soup Grilled Cheese Sweet Pea Salad</p>	<p>14 French Toast w/ berries & Cream</p> <p>.....</p> <p>Hot Italian Stromboli Italian Bean Salad</p>	<p>15 Scrambled Eggs w/ Toast</p> <p>.....</p> <p>French Bread Pizza Broccoli Salad</p>
<p>18 Homemade Muffins</p> <p>.....</p> <p>Chicken Nuggets Buttered Shells Carrots</p>	<p>19 Pancake & Sausage on a sitck</p> <p>.....</p> <p>Cheese Quesadilla Mexicali Corn</p>	<p>20 Cinni Mlni</p> <p>.....</p> <p>Hot Dog on a Bun Baked Beans</p>	<p>21 Egg & Cheese on an English Muffin</p> <p>.....</p> <p>Pasta Bar Meatballs / Sausage Very Veggie Salad</p>	<p>22 Bagel w/ cream cheese & jelly</p> <p>.....</p> <p>Cheese Pizza Roasted Broccoli</p>
<p>25 Cold Cereal Muffin</p> <p>.....</p> <p>Chicken Parm Sub Smiley Fries</p>	<p>26 Cheese Omelet Toast</p> <p>.....</p> <p>Buffalo Chicken Flatbread Celery Sticks</p>	<p>27 Mini Maple Waffles</p> <p>.....</p> <p>Taco Salad Bowls Mexi Bean Salad</p>	<p>28 Yogurt Homemade Muffin</p> <p>.....</p> <p>Pizza Broccoli</p>	<p>29</p> <p>NO School Good Friday</p>

UPCOMING EVENTS

STUDENT designed Breakfast Menus during NSBW!



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