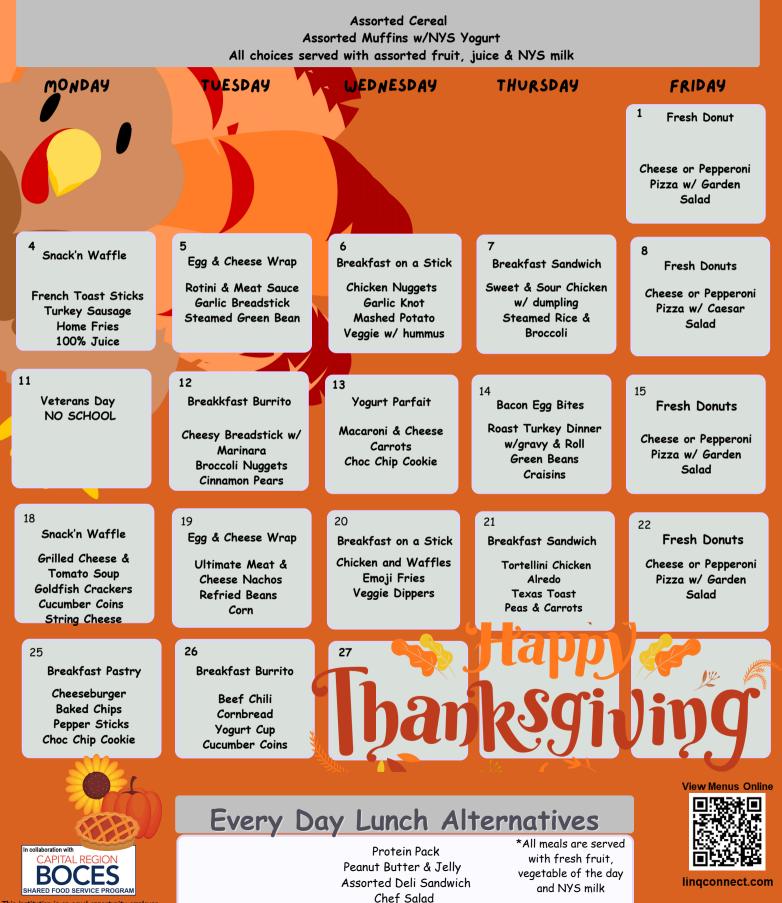
NOVEMBER 2024 MECH CAFE Elementary Menu EVERY DAY BREAKFAST CHOICES OFFERED



NOVEMBER 2024 MECH CAFE JR/SR Menu EVERY DAY BREAKFAST CHOICES OFFERED

Assorted Cereal Assorted Muffins w/NYS Yogurt Bagels w/cream cheese All choices served with assorted fruit, juice & NYS milk TUESDAY WEDNESDAY THURSDAY FRIDAY DONDAY 1 Fresh Donut Cheese or Pepperoni Pizza w/ Garden Salad 8 Snack'n Waffle Egg & Cheese Wrap Breakfast on a Stick **Breakfast Sandwich** Fresh Donuts Loaded Tacos Cheese Omelet Buffalo Macaroni and Cheese or Pepperoni **Bistro Burger** Mexican Street Corn Sausage Links Cheese Pizza w/ Caesar **Curly Fries Garlic Breadstick** Pumpkin Applesauce Home Fris Salad **Rainbow** Pepper Juice Cup **Roasted Broccoli** Sticks 12 13 14 15 Vetrans Day **Breakfast Burrito Yogurt Parfait** Bacon Egg Bites **Fresh Donuts** NO SCHOOL Beef Barbacoa Tacos Roast Turkey Dinner Chicken Tenders Sweet Potato Fries Cheese or Pepperoni w/ gravy & dinner roll Pesto Parmesan Rotini Pizza w/ Garden Cucumber Salad Green Beans Yogurt Cup Salad Choc Chip Cookie Treat Carrot & Celery 18 19 20 21 22 Snack'n Waffle Egg & Cheese Wrap Breakfast on a Stick **Breakfast Sandwich Fresh Donuts** Grilled Cheese w/ Beef Chili Chicken Wings & Tortellini Alfredo w/ Cheese or Pepperoni Tomato Soup Jalapeno Cornbread Mozzarella Sticks Pizza w/ Caesar Chicken **Goldfish Crackers** Honey Glazed Carrots **Onion Rings** Salad Garlic Knot Cucumber Coins Mango Applesauce Veggie Dippers **Roasted Broccoli** 25 26 27 **Breakfast Burrito Breakfast Pastry**

Meatball Sub **French Fries** Peas & Carrots Apple Slices

Pineapple Terriyaki

Chicken

Fried Rice

Egg Roll

11





Protein Pack Peanut Butter & Jelly Assorted Deli Sandwiches & Salads Chicken Sandwich Cheese Pizza Salad Bar

*All meals are served with fresh fruit, vegetable of the day and NYS milk

