

# NOVEMBER 2024 MECH CAFE

## Elementary Menu

### EVERY DAY BREAKFAST CHOICES OFFERED

Assorted Cereal

Assorted Muffins w/NYS Yogurt

All choices served with assorted fruit, juice & NYS milk

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

4 Snack'n Waffle

French Toast Sticks  
Turkey Sausage  
Home Fries  
100% Juice

5 Egg & Cheese Wrap

Rotini & Meat Sauce  
Garlic Breadstick  
Steamed Green Bean

6 Breakfast on a Stick

Chicken Nuggets  
Garlic Knot  
Mashed Potato  
Veggie w/ hummus

7 Breakfast Sandwich

Sweet & Sour Chicken  
w/ dumpling  
Steamed Rice &  
Broccoli

8 Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

11 Veterans Day  
NO SCHOOL

12 Breakfast Burrito

Cheesy Breadstick w/  
Marinara  
Broccoli Nuggets  
Cinnamon Pears

13 Yogurt Parfait

Macaroni & Cheese  
Carrots  
Choc Chip Cookie

14 Bacon Egg Bites

Roast Turkey Dinner  
w/gravy & Roll  
Green Beans  
Craisins

15 Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

18 Snack'n Waffle

Grilled Cheese &  
Tomato Soup  
Goldfish Crackers  
Cucumber Coins  
String Cheese

19 Egg & Cheese Wrap

Ultimate Meat &  
Cheese Nachos  
Refried Beans  
Corn

20 Breakfast on a Stick

Chicken and Waffles  
Emoji Fries  
Veggie Dippers

21 Breakfast Sandwich

Tortellini Chicken  
Alredo  
Texas Toast  
Peas & Carrots

22 Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

25 Breakfast Pastry

Cheeseburger  
Baked Chips  
Pepper Sticks  
Choc Chip Cookie

26 Breakfast Burrito

Beef Chili  
Cornbread  
Yogurt Cup  
Cucumber Coins

27

Happy  
Thanksgiving

### Every Day Lunch Alternatives

Protein Pack  
Peanut Butter & Jelly  
Assorted Deli Sandwich  
Chef Salad

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

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# 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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4 Snack'n Waffle

Bistro Burger  
Curly Fries  
Rainbow Pepper  
Sticks

5 Egg & Cheese Wrap

Loaded Tacos  
Mexican Street Corn  
Pumpkin Applesauce

6 Breakfast on a Stick

Cheese Omelet  
Sausage Links  
Home Fris  
Juice Cup

7 Breakfast Sandwich

Buffalo Macaroni and  
Cheese  
Garlic Breadstick  
Roasted Broccoli

1 Fresh Donut

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

8 Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

11 Veterans Day  
NO SCHOOL

12 Breakfast Burrito

Chicken Tenders  
Pesto Parmesan Rotini  
Yogurt Cup  
Carrot & Celery

13 Yogurt Parfait

Beef Barbacoa Tacos  
Sweet Potato Fries  
Cucumber Salad  
Choc Chip Cookie

14 Bacon Egg Bites

Roast Turkey Dinner  
w/ gravy & dinner roll  
Green Beans  
Treat

15 Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

18 Snack'n Waffle

Grilled Cheese w/  
Tomato Soup  
Goldfish Crackers  
Cucumber Coins

19 Egg & Cheese Wrap

Beef Chili  
Jalapeno Cornbread  
Honey Glazed Carrots  
Mango Applesauce

20 Breakfast on a Stick

Chicken Wings &  
Mozzarella Sticks  
Onion Rings  
Veggie Dippers

21 Breakfast Sandwich

Tortellini Alfredo w/  
Chicken  
Garlic Knot  
Roasted Broccoli

22 Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

25 Breakfast Pastry

Meatball Sub  
French Fries  
Peas & Carrots  
Apple Slices

26 Breakfast Burrito

Pineapple Terriyaki  
Chicken  
Fried Rice  
Egg Roll

27

28

29

Happy  
Thanksgiving

## Every Day Lunch Alternatives

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

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