



APRIL 2025

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

View Menus Online



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TUESDAY

1
Egg and Cheese Wrap

Crispy Chicken Sandwich
Yogurt w/ granola
Italian Tortellini Salad

WEDNESDAY

2
Breakfast on a Stick

French Toast Sticks
Sausage
Home Fries
Juice

THURSDAY

3
Bacon Egg Bites

Macaroni & Cheese
Cornbread Muffin
Steamed Broccoli
Warm Cinnamon Pears

FRIDAY

4
Fresh Donut

Cheese or Pepperoni
Pizza w/ Garden
Salad

7
Snack'n Waffle

Rotini w/ Meat Sauce
Garlic Breadstick
Green Beans

8
Yogurt Parfait

Loaded Soft Tacos
Chips w/ Salsa & Bean
Dip
Sweet Corn

9
Egg & Cheese Wrap

Cheesy Breadsticks
w/ Marinara
Broccoli Nuggets
Fresh Fruit

10
Breakfast Sandwich

Orange Chicken
Fried Rice w/
Vegetables
Peas & Carrots

11
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

14

Spring

15

16

BREAK

17

21
Breakfast Pasty

Mozzarella Pizza
Crunchers
Steamed Broccoli
Grahams

22
Egg & Cheese Wrap

Earth Day Veggie Burger
Roasted Ranch Cauliflower
Sweet Potato Fries

23
Breakfast on a Stick

Local Beef Hotdog
Baked Beans
Carrots
Watermelon

24
Bacon Egg Bites

Tortellini Alfredo w/
Chicken
Garlic Knot
Peas & Carrots

25
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

28
Breakfast Pastry

Chicken & Waffles
Emoji Fries
Grape Juice

28
Yogurt Parfait

Ultimate Nachos
Roasted Corn & Black
Beans
Rainbow Pepper Sticks

28
Egg & Cheese Wrap

Grilled Cheese & Tomato
Soup w/Goldfish
NYS String Cheese
Cucumber Coins

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

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM

This institution is an equal opportunity employer



APRIL 2025

MECH CAFE

JR/SR
Menu

EVERY DAY BREAKFAST CHOICES OFFERED

..... Bagels w/cream cheese
Assorted Cereal
Assorted Muffins w/NYS Yogurt
All choices served with assorted fruit, juice & NYS milk

MONDAY

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TUESDAY

1
Breakfast Burrito

Baked Potato Bar
Soft Pretzel Stick
Roasted Broccoli

WEDNESDAY

2
Breakfast on a Stick

Wing & Mozz Stick
French Fries
Carrots & Celery

THURSDAY

3
Bacon Egg Bites

Chicken Burrito
Cowboy Cavier
Fruit Salad

FRIDAY

4
Breakfast Pizza

Cheese or Pepperoni
Pizza w/ Garden
Salad

7
Snack'n Waffle

Chicken Tenders
Emoji Fries
Mandarin Oranges

8
Overnight Oats

Pork Carnitas Tacos
Veggie Pinto Beans
Sweet Apple Slaw

9
Egg & Cheese Wrap

Cubano Sandwich
NYS Onion Rings
3 Bean Salad
Grapes

10
Breakfast Sandwich

Teriyaki Street
Noodles w/ Chicken
Crispy Brussel Sprouts
Fortune Cookie

11
Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad

14

Spring

15

16

17

18

BREAK

21
Snack'n Waffle

Rotini w/ Meat Sauce
Garlic Breadstick
Seasoned Green Beans

22
Breakfast Burrito

Southwest Veggie Burger
Sweet Potato Fries
Ranch Roasted
Cauliflower

23
Yogurt Parfait

NYS All Beef Hot
Dogs!
Maple Siracha Beans
Corn on the Cob
Watermelon

24
Breakfast Sandwich

Loaded Nachos
Salsa & Bean Dip
Strawberry Applesauce

25
Breakfast Pizza

Cheese or Pepperoni
Pizza w/ Garden
Salad

28
French Toast Bites

Meatballs w/ Sauce
Garlic Dippers
Tomato, Cucumber &
Tomato Salad

29
Overnight Oats

Buffalo Chicken Dip
w/ Tortilla Chips
Carrots & Celery

30
Breakfast on a Stick

Philly Cheesesteak w/
Peppers & Onions
Curly Fries
Fresh Fruit

Harvest
of the
Month

Every Day Lunch Alternatives

Protein Pack
Peanut Butter & Jelly
Assorted Deli Sandwiches and Salads
Chicken Sandwiches
Pizza Slice
Warm Pretzel w/ Cheese

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