

SEPTEMBER 2025 Elementary

MECH CAFE

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



**Harvest
of the
Month**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Labor DAY
No School

2

Conference Day
No School

3

Conference Day
No School

4

Bacon Egg Bites

Chicken Nuggets
Mashed Potato
Warm Garlic Knot
Assorted veg

5

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

8

Breakfast Pastry

French Toast Sticks
Turkey Sausage
Sweet Potato Tots
Assorted Veg

9

Fruit & Yogurt Parfait

Ultimate Nachos
Refried Beans
Corn
Rainbow Pepper Stick

10

Breakfast on a Stick

Mozzarella Stick &
Popcorn Chicken
Fries
Assorted Veg

11

Breakfast Sandwich

Macaroni & Cheese
Cornbread Muffin
Broccoli Nuggets

12

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad

15

Snack'n Waffle

Grilled Cheese
Tomato Soup & Goldfish
Green Beans

16

Egg and Cheese Wrap

Rotini & Meat Sauce
Garlic Breadstick
Roasted Broccoli

17

Bagel Bites

Hot Dog
Pasta Salad
Corn on the Cob
Watermelon

18

Bacon Egg Bites

Cherry Blossom Chicken
Fried Rice
Carrots
Fortune Cookie

19

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

22

Breakfast Pastry

Chicken Tenders
Sunrise Waffle
Sweet Potato Fries
Juice Cup

23

Fruit & Yogurt Parfait

Cheesy Breadstick w/
marinara
Green Beans
Cherry Cocoa Bar

24

Breakfast on a Stick

Chicken Nuggets
Emoji Fries
Assorted Veg
w/hummus

25

Breakfast Sandwich

Chicken Tortellini
Alfredo
Garlic Toast
Peas & Carrots

26

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad

29

Snack'n Waffle

Cheeseburger
French Fries
Rainbow Pepper Sticks
Choc Chip Cookie

30

Egg and Cheese Wrap

Loaded Soft Tacos
Tex Mex Beans
Corn
Mango Applesauce

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

View Menus Online



linqconnect.com

SEPTEMBER 2025

MECH CAFE

JR/SR

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



Harvest
of the
Month

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Labor DAY
No School

2

Conference Day
No School

3

Conference Day
No School

4

Bacon Egg Bites

Rotini w/ Meat Sauce
Garlic Texas Toast
Honey Glazed Carrots
Rice Crispy Treat

5

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

8

Breakfast Pastry

Bistro Burger
NYS Breaded Onion
Rings
Coleslaw

9

Fruit & Yogurt Parfait

Ultimate Nachos
Tex Mex Beans
Mexican Street Corn

10

Breakfast on a Stick

Chicken and Waffles
Home Fries
Berry Salad

11

Breakfast Sandwich

Buffalo Chicken Mac &
Cheese
Garlic Breadstick
Roasted Broccoli

12

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad

15

Snack'n Waffle

Chicken Tenders
French Fries
Assorted Veggies

16

Egg and Cheese Wrap

Chicken Burrito
Chips w/ Salsa
Cowboy Cavier

17

Bagel Bites

Double Dog
Pasta Salad
Corn on the Cob
Watermelon

18

Bacon Egg Bites

Cherry Blossom Chicken
Oven Fried Rice
Carrots
Fortune Cookie

19

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

22

Breakfast Pastry

Philly Cheesesteak w/
peppers & onions
Baked Chips

23

Fruit & Yogurt Parfait

Baked Potato Bar
Dinner Roll
Steamed Broccoli
Cocoa Cherry Bar

24

Breakfast on a Stick

Wing Sampler Platter
Garlic Knot
Carrots & Celery w/
Hummus

25

Breakfast Sandwich

Chicken Tortellini
Alfredo
Garlic Toast
Green Beans

26

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad

29

Snack'n Waffle

Crispy Fish Nuggets
Waffle Fries
Rainbow Pepper Sticks
Choc Chip Cookie

30

Egg and Cheese Wrap

Bean & Cheese Empanada
Mexican Fiesta Rice
Calabacitas Con Cotija

Every Day Lunch Alternatives

Protein Pack
Peanut Butter & Jelly
Assorted Deli Sandwiches and Salads
Slice of Pizza
Crispy Chicken Sandwich

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

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