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NOVEMBER 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

Daily Lunch Alternates

Protein Pack

Peanut Butter & Jelly

Assorted Deli Sandwiches and Salads

Slice of Pizza

Crispy Chicken Sandwich

All Choices served with assorted fruit & NYS Milk

MONDAY

3

Choc Chip Belgian Waffle

Chicken Parmesan Sandwich
Waffle Fries
Roasted Broccoli

TUESDAY

4

Egg & Cheese Wrap

Ultimate Nachos
Mexican Street Corn
Guacamole, Salsa & Sour Cream

WEDNESDAY

5

Egg & Cheese Stuffed Bagel

Chicken & Waffles
Home Fries
Juice Cup

THURSDAY

6

Bacon Egg Bites

Buffalo Chicken Mac & Cheese
Cauliflower Bites
Garlic Breadstick

FRIDAY

7

Fresh Baked Cinnamon Roll

Cheese or Pepperoni Pizza w/ Garden Salad

10

Breakfast Pastry

Chicken Tenders
Pesto Parmesan Pasta
Veggies w/ Hummus
Yogurt Cup

11

Veterans' Day
NO SCHOOL

12

Breakfast on a Stick

BBQ Turkey Meatloaf
Tater Tots
Calabacitas Con Cotija

13

Breakfast Sandwich

Teriyaki Chicken
Oven Fried Rice
Vegetable Stir Fry
Egg Roll

14

Fresh Donuts

Cheese or Pepperoni Pizza w/ Caesar Salad

NY
FOOD DAYS

17

Choc Chip Belgian Waffle

Bistro Burger
NY Breaded Onion Rings
Coleslaw

18

Egg and Cheese Wrap

Cheesy Lasagna Roll Ups
Warm Garlic Knot
Green Beans

19

Egg & Cheese Stuffed Bagel

Housemade Cheesesteak
Baked Chips
Pasta Salad

20

Bacon Egg Bites

Thanksgiving @ School
Turkey Dinner w/ all the fixings

21

Fresh Baked Cinnamon Roll

Cheese or Pepperoni Pizza w/ Garden Salad

24

Breakfast Pastry

Cubano Sandwich
French Fries
Assorted Veggies w/ Hummus

25

Fruit & Yogurt Parfait

Chicken Burrito
Chips & Queso
Toppings Bar

26

Happy Thanksgiving

27

28

Harvest of the Month
NY Milk & Yogurt



NOVEMBER 2025 MECH CAFE

Elementary

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

Daily Lunch Alternates

Protein Pack
Peanut Butter & Jelly
Assorted Deli Sandwiches
All Choices served with assorted fruit & NYS Milk

MONDAY

3 Choc Chip Belgian Waffle

French Toast Sticks
Turkey Sausage
Sweet Potato Tots
Apple Juice

TUESDAY

4 Egg & Cheese Wrap

Loaded Soft Tacos
Rainbow Pepper Sticks
Fresh Fruit

WEDNESDAY

5 Egg & Cheese Stuffed Bagel

Chicken Wing Basket
Crinkle Cut Fries
Assorted Veggies

THURSDAY

6 Bacon Egg Bites

Cherry Blossom Chicken
Vegetable Fried Rice
Steamed Broccoli
Fortune Cookie

FRIDAY

7 Fresh Baked Cinnamon Roll

Cheese or Pepperoni
Pizza w/ Garden Salad

10 Breakfast Pastry

Grilled Cheese w/Tomato
Soup & Goldfish Crackers
Seasoned Green Beans

11
Veterans' Day
No School

12 Breakfast on a Stick

Mini Corn Dogs Bites
NYS Yogurt Cup
Baked Chips
Assorted Veggies

13 Breakfast Sandwich

Macaroni & Cheese
Cornbread Muffin
Honey Glazed Carrots
Cinnamon Pears

14 Fresh Donuts
Cheese or Pepperoni
Pizza w/ Garden Salad

17 Choc Chip Belgian Waffle

Crispy Chicken Patty
Crispy Sweet Potato Fries
Cucumber Coins

18 Egg and Cheese Wrap

Meatball Sub
Garlic Pasta
Steamed Broccoli

19 Egg & Cheese Stuffed Bagel

Chicken Nuggets
Steamed Rice
Corn

20 Bacon Egg Bites

Thanksgiving @ School
Turkey Dinner w/ all
the fixings

21 Fresh Baked Cinnamon Roll

Cheese or Pepperoni
Pizza w/ Garden Salad

24 Breakfast Pastry

Cheeseburger
French Fries
Steamed Broccoli

25 Fruit & Yogurt Parfait

Cheesy Breadstick Fresh
w/ marinara
Assorted Veggies
Cocoa Cherry Bar

26

27
Happy
Thanksgiving

28

Harvest of the Month
NY Milk & Yogurt