



OCTOBER 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



1

Egg & Cheese Stuffed Bagel

Popcorn Chicken Bowl
Corn & Dinner Roll
Warm Cinnamon Pears

2

Bacon Egg Bites

BBQ Chicken Mac & Cheese
Zucchini
Corn Bread

3

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

6

Breakfast Pastry

Bistro Burger
NY Breaded Onion Rings
Tomato Cucumber Salad

7

Fruit & Yogurt Parfait

Taco Salad
Cowboy Cavier
Rice Crispy Treat

8

Breakfast on a Stick

Chicken Tenders w/Fries
Italian Tortellini Salad
Mixed Fruit

9

Breakfast Sandwich

Chicken Burrito
Chips w/ Salsa
Assorted Fruit

10

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad



14

Egg and Cheese Wrap

Chicken Tinga Nachos
Mexican Street Corn
Mango Peach Applesauce

15

Egg & Cheese Stuffed Bagel

Beef Lo Mein
Stir Fry Vegetables
NY Apples
Fortune Cookie

16

Bacon Egg Bites

Potato & Cheddar
Pierogi w/ Kielbasa
Peas & Carrots

17

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

20

Breakfast Pastry

Rotini w/ Meat Sauce
Garlic Texas Toast
Warm Cinnamon Pears

21

Fruit & Yogurt Parfait

Pulled Pork Sandwich
Coleslaw
Kettle Chips

22

Breakfast on a Stick

Wing Sampler Platter
Garlic Knot
Carrots & Celery w/
Hummus

23

Conference
Day
No School

24

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Caesar
Salad

27

Snack'n Waffle

Grilled Cheese w/
Tomato Soup
Goldfish
Green Beans

28

Egg and Cheese Wrap

Buffalo Chicken Dip w/
Chips
Carrots & Celery

29

Egg & Cheese Stuffed Bagel

Carne Asada Beef Bowl
Fire Roasted Veggies
Topping Bar

30

Breakfast Sandwich

Cheesy Breadsticks
Cauliflower Bites
Slushie

31

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden Salad
Dirt Pudding Cup



OCTOBER 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
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

1



1

Egg & Cheese Stuffed Bagel

Mozzarella Stick &
Popcorn Chicken
Basket
Fresh Veggies w/Dip

2

Bacon Egg Bites

Macaroni & Cheese
Cornbread Muffin
Steamed Broccoli
Warm Cinnamon Pears

3

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

6

Breakfast Pastry

French Toast Sticks
Turkey Sausage Links
Sweet Potato Tots
NYS Apple Juice

7

Fruit & Yogurt Parfait

Teriyaki Chicken
Fried Rice
Carrots

8

Breakfast on a Stick

Rotini w/ Meat Sauce
Garlic Breadstick
Seasoned Green Beans

9

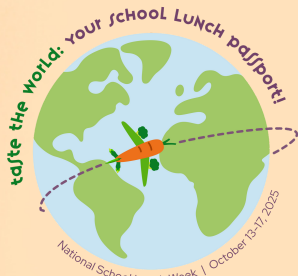
Breakfast Sandwich

Crispy Chicken Patty
Baked Chips
Corn
Winter Berry Salad

10

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad



14

Egg and Cheese Wrap

Chicken Tinga Quesadilla
Rainbow Pepper Sticks
Mango Peach Applesauce

15

Egg & Cheese Stuffed Bagel

Beef Lo Mein
Steamed Broccoli
NY Apples
Fortune Cookie

16

Bacon Egg Bites

Potato & Cheddar
Pierogi w/ Kielbasa
Peas & Carrots

17

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

20

Breakfast Pastry

Grilled Cheese & Tomato
Soup w/ Goldfish
Green Beans

21

Fruit & Yogurt Parfait

BBQ Roasted Chicken
Seasoned Rice
Honey Glazed Carrots

22

Breakfast on a Stick

Cheesy Breadstick
Yogurt Cup
Assorted Veg
w/Hummus

23

Conference
Day
No School

24

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad

27

Snack'n Waffle

Cheeseburger
Emoji Fries
Coleslaw

28

Egg and Cheese Wrap

Ultimate Nachos
Corn
Refried Beans

29

Egg & Cheese Stuffed Bagel

Chicken Nuggets
Garlic Knot
Mashed Potatoes

30

Breakfast Sandwich

Chicken Tortellini
Alfredo
Garlic Toast
Roasted Broccoli

31

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden Salad
Dirt Pudding Cup