



# JANUARY 2026

# 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

happy new year

2026

5

Breakfast Pastry

Cheeseburger  
Fries  
Peas & Carrots  
Cocoa Cherry Bar

6

Egg and Cheese Wrap

Beef Chili  
Garlic Breadstick  
Broccoli

7

Breakfast on a Stick

Hot Turkey Sandwich  
Mashed Potatoes  
Corn

8

Breakfast Sandwich

Bean & Cheese Nachos  
Mango Peach Applesauce  
Assorted Veggies

9

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

12

Choc Chip Belgian  
Waffle

Cheesy Breadsticks w/  
marinara  
Roasted Broccoli

13

Egg and Cheese Wrap

BBQ Turkey Meatloaf  
Crinkle Cut Fries  
Tomato & Cucumber  
Salad

14

Egg & Cheese Stuffed  
Bagel

French Toast Sticks  
NYS Yogurt  
Home fries  
Winter Berry Salad

15

Bacon Egg Bites

Homestyle Chicken  
Alfredo  
Green Beans  
Garlic Breas

16

Fresh Baked  
Cinnamon Roll

Personal Pizza  
Garden Salad  
Applesauce

19

MLK Day  
NO SCHOOL

20

Egg and Cheese Wrap

Toasted Cheese  
Tomato Soup  
NYS String Cheese

21

Breakfast on a Stick

Rotini w/ Meat Sauce  
Peas  
Garlic Knot

22

Breakfast Sandwich

Cherry Blossom Chicken  
Vegetable Fried Rice  
Steamed Broccoli  
Fortune Cookie

23

Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

26

Choc Chip Belgian  
Waffle

Mozzarella Pizza  
Crunchers  
Carrots  
Scooby Doo Grahams

27

Egg and Cheese Wrap

Loaded Nachos  
Cowboy Caviar  
Fresh Fruit

28

Egg & Cheese Stuffed  
Bagel

Hot Dog on a Bun  
Sweet Potato Fries  
Warm Cinnamon Pears

29

Bacon Egg Bites

Macaroni and Cheese  
Yogurt Cup  
Green Beans

30

Fresh Baked  
Cinnamon Roll

French Bread Pizza  
Garden Salad  
Frozen Juice Cup



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JANUARY 2026

# 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

happy new year

2026

5

### Breakfast Pastry

Rotini with Meat Sauce  
Breadstick  
Garlicy Green Beans  
Warm Cinnamon Apples

6

### Egg & Cheese Wrap

Ultimate Nachos  
Bean Dip  
Mango Peach Applesauce

7

### Breakfast on a Stick

Beef Gyro on Pita  
French Fries  
Greek Garbanzo Salad

8

### Breakfast Sandwich

Baked Potato Bar  
Garlic Knot  
Roasted Broccoli

9

### Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Caesar  
Salad

12

### Choc Chip Belgian Waffle

Bistro Burger  
NY Breaded Onion Rings  
Coleslaw

13

### Egg and Cheese Wrap

Cheesy Breadsticks w/  
marinara  
Tater Tots  
Veggie Medley

14

### Egg & Cheese Stuffed Bagel

Sausage & Egg Bake  
Pastrami Hash  
Yogurt & Juice

15

### Bacon Egg Bites

Potato & Cheddar  
Pierogies w/ Kielbasa  
Steamed Broccoli

16

### Fresh Baked Cinnamon Roll

French Bread Pizza  
Garden Salad

19

MLK Day  
No School

20

### Egg and Cheese Wrap

Chicken Tenders  
Pesto Parm Pasta  
Fruit Salad

21

### Breakfast on a Stick

Chicken Burrito  
Tex Mex Beans  
Chips and Salsa

22

### Breakfast Sandwich

Teriyaki Chicken  
Oven Fried Rice  
Veggie Egg Roll

23

### Fresh Donuts

Cheese or Pepperoni  
Pizza w/ Garden  
Salad

26

### Choc Chip Belgian Waffle

BBQ Turkey Meatloaf  
Chipotle Mashed Potato  
Honey Glazed Carrots

27

### Egg and Cheese Wrap

Tortellini Alfredo w/  
Meatballs  
Roasted Broccoli  
Choc Chip Cookie

28

### Egg & Cheese Stuffed Bagel

Cheesy Chicken  
Quesadilla  
Black Bean Salad  
Mango Peach Applesauce

29

### Bacon Egg Bites

BBQ Pork Rice Bowl  
Pineapple Corn Rice  
Tajin Fruit Salad

30

### Fresh Baked Cinnamon Roll

Cheese or Pepperoni  
Pizza w/ Garden  
Salad