



FEBRUARY 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

2 Choc Chip Belgian Waffle

Crispy Chicken Patty
Sweet Potato Fries
Corn
Applesauce

TUESDAY

3 Egg and Cheese Wrap

Potato & Cheddar
Pierogies w/ Kielbasa
Peas & Carrots

WEDNESDAY

4 Egg & Cheese Stuffed Bagel

Teriyaki Chicken
Vegetable Fried Rice
Steamed Broccoli

THURSDAY

5 Bacon Egg Bites

Rotini w/ Meaty
Marinara
Garlic Breadstick
Seasoned Green Beans

FRIDAY

6 Fresh Baked Cinnamon Roll

Cheese Pizza
Assorted Veggies
Cinnamon Applesauce

9 Breakfast Pastry

Mozzarella Sticks
w/Marinara Cup
Garlic Pasta
Honey Carrot Coins

10 Egg and Cheese Wrap

Tortellini Alfredo
w/ Chicken
Garlic Bread
Roasted Broccoli

11 Breakfast on a Stick

Grilled Cheese w/
Tomato Soup
Roasted
Sweet Potatoes

12 Breakfast Sandwich

Meatball Sub
Cheesy Garlic Mashed
Potatoes
Rice Crispy Treat

13 Fresh Donuts

Personal Pizza
Garden Salad
Blue Raspberry
Applesauce

16



17



18



19



20



23 Breakfast Pastry

Mozzarella Pizza
Crunchers
Garlicky Green Beans
Cocoa Cherry Brownie

24 Egg and Cheese Wrap

Chicken & Cheese
Quesadilla
Cheesy Bean Dip
Fresh Fruit

25 Breakfast on a Stick

Cheeseburger
Baked Beans
Roasted Potato Wedges
NYS Apple Juice

26 Breakfast Sandwich

Chicken Ramen Bowl
Roasted Broccoli
Fruit Salad
Fortune Cookie

27

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
Salad



FEBRUARY 2026

MECH CAFE

JR/SR

linqconnect.com

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

2 Choc Chip Belgian Waffle

Rotini with Meat Sauce
Garlic Breadstick
Green Beans

3 Bacon & Egg Bites

Ultimate Nachos
Mexican Street Corn
Mango Peach Applesauce

4 Egg & Cheese Stuffed Bagel

Chicken Shawarma
Fresh Baked Pita
Marinated ChickPeas

5 Breakfast Sandwich

Turkey Jack Panini
Southwest Soup
Fruit Salad

6 Fresh Baked Cinnamon Roll

Cheese or Pepperoni Pizza w/ Caesar Salad

9 Breakfast Pastry

Bistro Burger
NYS Onion Rings
Coleslaw

10 Breakfast Platter

Beef & Broccoli
Steamed Rice
Cocoa Cherry Bar

11 Breakfast on a Stick

Chicken & Waffles
Sweet Potato Hash
NYS Apple Juice

12 Breakfast Sandwich

BBQ Chicken
Mac & Cheese
Honey Carrots

13 Fresh Donuts

Cheese or Pepperoni Pizza w/ Caesar Salad

16



17



18



19



20



23

Breakfast Pastry

Meatball Sub
Curly Fries
Assorted Veggies

24

Breakfast Platter

Grilled Cheese
Tomato Soup
Goldfish Crackers
Oranges

25

Breakfast on a Stick

Buffalo Chicken Dip
w/ Chips
Carrots & Celery

26

Breakfast Sandwich

General Tso's
Fried Rice
Egg roll
Fortune Cookie

27

Fresh Donuts

Cheese or Pepperoni
Pizza w/ Garden
SaladHow are we doing?
Complete a short survey