



MARCH 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
Chicken Nuggets
Sweet Potato Tots
Peas & Carrots

9 Breakfast Pastry
Cheeseburger
Sweet Potato Wedges
Apple Slices
Cocoa Cherry Bar

16 Choc Chip Belgian Waffle
Baked Ziti w/Meatballs
Garlic Bread
Green Beans

23 Breakfast Pastry
Mozzarella Pizza
Crunchers
Garlicky Green Beans
Apple Slices

30 Choc Chip Belgian Waffle
Hot Dog
Baked Beans
Corn on the Cob
Rice Crispy Treat

TUESDAY

3 Egg & Cheese Bites
Sloppy Joe on a Bun
Emoji Fries
Green Beans

10 Egg and Cheese Wrap
Loaded Nachos
Refried Bean Dip
Corn & Salsa

17 Egg and Cheese Wrap
French Toast Sticks
3 Cheese Egg Bites
Turkey Sausage
NYS Juice

24 Egg and Cheese Wrap
Beef Tacos
Cowboy Caviar
Winter Berry Salad

31 Egg and Cheese Wrap
Crispy Chicken Patty
Emoji Fries
Orange Slices

WEDNESDAY

4 Banana Split Parfait
Toasted Cheese
Tomato Soup
Cucumber Coins
Hummus

11 Breakfast on a Stick
Fishwich
French Fries
Coleslaw

18 Egg & Cheese Stuffed Bagel
BBQ Turkey Meatloaf
Maple Siracha Beans
Maple Glazed Carrots

25 Breakfast on a Stick
Popcorn Chicken w/Rice
Buffalo Cauliflower
Choc Chip Cookie



FRIDAY

6 Fresh Baked Cinnamon Roll
French Bread Pizza
Assorted Veggies
Strawberry Applesauce

13 Fresh Donuts
Cheese Pizza
Garden Salad
Applesauce

20 Fresh Baked Cinnamon Roll
Personal Pizza
Garden Salad
Applesauce

27 Fresh Donuts
Cheese Pizza
Garden Salad
Fresh Fruit



try something new.....
banana split parfait



the quest for school breakfast

NATIONAL SCHOOL BREAKFAST WEEK
MARCH 2-6, 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

2 Choc Chip Belgian Waffle
Rotini with Meat Sauce
Garlic Breadstick
Green Beans

TUESDAY

3 Bacon & Egg Bites
Beef Tacos
Refried Bean Dip
Mango Peach Applesauce

WEDNESDAY

4 Egg & Cheese Stuffed Bagel
Pulled Pork Sandwich
Sweet Potato Wedges
Broccoli Slaw

THURSDAY

5 Breakfast Sandwich
Homemade Chili
Chocolate Swirl Roll
Carrot & Celery

FRIDAY

6 Fresh Baked Cinnamon Roll
Cheese or Pepperoni
Pizza w/ Caesar Salad

9 Breakfast Pastry
Chicken Tenders
Curly Fries
Italian Tortellini Salad

10 Breakfast Platter
Fritos Walking Taco
Cowboy Caviar
Winter Berry Salad

11 Breakfast on a Stick
Belgian Waffle
Cheesy Egg Bites
Turkey Sausage
Hash Brown Patty

12 Breakfast Sandwich
Homestyle Mac & Cheese
Kielbasa Bites
Garlic bread

13  Fresh Donuts
Pizza Pocket
Caesar Salad
Pear Hand Pie

16 Choc Chip Belgian Waffle
Bistro Burger
NYS Onion Rings
Coleslaw

17  Bacon & Egg Bites
Corned beef Rubeen
Broccoli Cheddar Soup
Kiwi Salad

18  Egg & Cheese Stuffed Bagel
Maple Glazed Wings
Siracha Baked Beans
Carrot & Celery

Conference Day

20 Fresh Baked Cinnamon Roll
Cheese or Pepperoni
Pizza w/ Caesar Salad

23 Breakfast Pastry
Cheesy Lasagna
Garlic Knot
Roasted Broccoli

24 Breakfast Platter
Bean & Cheese Empanada
Cilantro Rice
Calabacitas Con Cotija
Cinnamon Churro

25 Breakfast on a Stick
Cubano Sandwich
Butternut Squash Soup
Assorted Fruit

26 Breakfast Sandwich
Chicken Ramen Bowl
Roasted Zucchini
Chow Mein Noodles

27 Fresh Donuts
French Bread Pizza
Garden Salad

30 Breakfast Pastry
Double Chili Dog
Seasoned Waffle Fries
Pasta Salad

31 Breakfast Pastry
Creamy Cheeseburger
Penne
Garlic Bread
Peas & Carrots



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