



# 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 Choc Chip Belgian Waffle  
Mozzarella Pizza Crunchers  
Tomato & Cucumber Salad

2 Egg & Cheese Wrap  
Chicken & Cheese Quesadilla  
Bean Dip w/ Chips

3 Breakfast on a Stick  
Egg & Cheese Sandwich  
Hash Brown  
NYS Apple Juice

4 Bacon Egg Bites  
Potato & Cheddar Pierogies w/Kielbasa Bites  
Steamed Broccoli

5 Fresh Baked Cinnamon Roll  
Cheese Pizza  
Assorted Veggies  
Strawberry Applesauce

8 Breakfast Pastry  
Macaroni & Cheese  
Warm Garlic Knot  
Seasoned Green Beans

9 Egg and Cheese Wrap  
Walking Tacos  
Mexican Rice  
Corn

10 Breakfast on a Stick  
Hot Dog  
Coleslaw  
Baked Beans  
Watermelon

11 Breakfast Sandwich  
Meatball Sub  
Garden Salad  
Warm Cinnamon Apples

12 Fresh Donuts  
Cheese Pizza  
Garden Salad  
Applesauce

15 Choc Chip Belgian Waffle  
Cheeseburger  
Crinkle Cut Fries  
Apple Slices

16 Egg and Cheese Wrap  
Turkey Tacos  
Corn & Black Beans  
Rice Crispy Treat

17 Egg & Cheese Stuffed Bagel  
Chicken Tenders  
Dinner Roll  
Sweet Potato Fries  
Strawberries

18 Bacon Egg Bites  
Pizza Bagel  
Fresh Veggies  
Applesauce

19 No School  
Juneteenth

22 Breakfast Pastry  
Grilled Cheese  
Baby Carrots  
Applesauce

23 Egg and Cheese Wrap  
Crispy Chicken Patty  
Crinkle Fries  
Oranges

24 Breakfast on a Stick  
Ham & Cheese Sandwich  
Italian Green Bean Salad  
Chips

25 Fresh Donuts  
Turkey & Cheese Sandwich  
Coleslaw  
Choc Chip Cookie



# HELLO SUMMER



# 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 Choc Chip Belgian Waffle  
  
Chicken Wing Basket  
Carrots & Celery  
Tomato & Corn Salad

2 Egg & Cheese Wrap  
  
Cheesy Lasagna  
Warm Garlic Knot  
Rice Crispy Treat

3 Breakfast on a Stick  
  
Chicken & Waffles  
Home Fries  
Apple Juice

4 Breakfast Sandwich  
  
Macaroni & Cheese  
Kielbasa Bites  
Cinnamon Swirl Bun

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

8 Breakfast Pastry  
  
Bistro Burger  
NYS Onion Rings  
Coleslaw

9 Fruit & Yogurt Parfait  
  
Taco Salad  
Mexican Street Corn  
Mango Peach Applesauce

10 Egg & Cheese Stuffed Bagel  
  
General Tso's Chicken  
Oven Fried Rice  
Steamed Broccoli

11 Breakfast Sandwich  
  
Double Dog  
Corn on the Cob  
Baked Beans  
Watermelon

12 Fresh Donuts  
  
Cheese or Pepperoni  
Pizza w/ Tossed  
Salad

15 Choc Chip Belgian Waffle  
  
Chicken Tenders  
Garlic Knot  
Fresh Veggies

16 Egg & Cheese Wrap  
  
Buffalo Chicken Dip  
Carrots & Celery  
Strawberry Shortcake

17 Bacon & Egg Bites  
  
Bean & Cheese Empanada  
Cilantro Rice  
Cinnamon Churro

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

19 No School Juneteenth

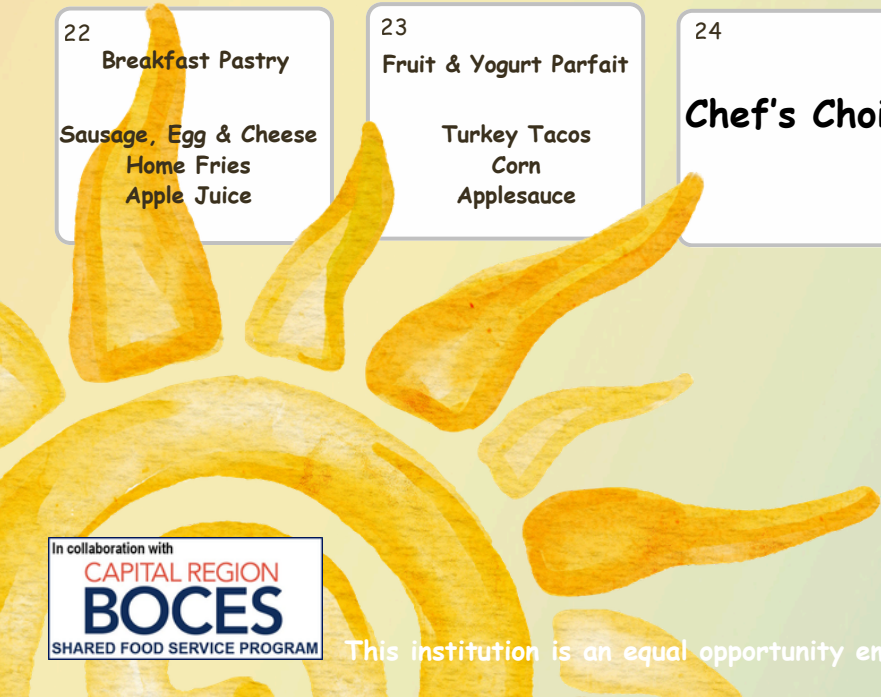
22 Breakfast Pastry  
  
Sausage, Egg & Cheese  
Home Fries  
Apple Juice

23 Fruit & Yogurt Parfait  
  
Turkey Tacos  
Corn  
Applesauce

24 Chef's Choice

25 Chef's Choice

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# HELLO SUMMER