

East Windsor Middle School

Welcome to our Lunch Cafe

11/1/2024 - 11/1/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Nashville Hot Kickin' Chicken Sandwich
freshly prepared chicken
drizzled with hot sauce,
topped with coleslaw and
pickled chips 🌶️
Steamed Broccoli



Pepper & Onion Pizza
freshly made pizza dough
topped with marinara
sauce, mozzarella and
sauteed peppers and
onions 🌿 🍌

Available Daily: Cheese Pizza & Pepperoni Pizza all featuring whole grain rich pizza dough



Smokehouse Burger
burger on a freshly
toasted bun with BBQ
sauce 🍌

Available Daily: Hamburgers, Cheeseburgers, and Spicy Chicken Sandwiches



Mission Burrito
authentic fiesta style
meat topped with sour
cream, beans, seasoned
rice, shredded cheese
and crisp lettuce inside a
soft tortilla shell
assembled in-house 🍌

Available Daily: Nachos, Crispy and Soft Tacos with your choice of Mexi Beef, Shredded Cheddar



Available Daily:
Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese,
Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.

All Meals are offered with Milk and your choice of fruit



Healthy Harvest Salad Bar:

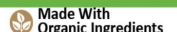
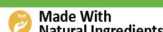
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. * Menu is subject to change, notice posted when available. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.



East Windsor Middle School

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11/4/2024 - 11/8/2024



Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Cheese Sandwich Meltdown Café
golden toasted bread with melted gooey cheese pressed and prepared in-house 🌱
Sautéed Spinach

Chicken & Cheese Quesadilla
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese
Confetti Black Bean Salad

Berry Acai Bowl
Frozen acai mixed with yogurt, fruit, and granola 🌱 🌱

Philly Cheese Steak
thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🌱
Oven Baked Fries



Buffalo Chicken Pizza
buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough

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buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough

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buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough

Buffalo Chicken Pizza
buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough

Available Daily: Cheese Pizza & Pepperoni Pizza all featuring whole grain rich pizza dough



Double Bacon Burger
two juicy all beef patties topped with crisp bacon, cheese, on a soft bun

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Double Bacon Burger
two juicy all beef patties topped with crisp bacon, cheese, on a soft bun

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



BBQ Chicken Nachos
crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage 🌱

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crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage 🌱

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crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage 🌱

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crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage 🌱

Available Daily: Nachos, Crispy and Soft Tacos with your choice of Mexi Beef, Shredded Cheddar



Available Daily:
Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese, Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.
All Meals are offered with Milk and your choice of fruit



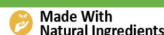
Healthy Harvest Salad Bar:
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



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East Windsor Middle School

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11/11/2024 - 11/15/2024

MEATLESS MONDAY

Monday

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Apple Cinnamon Smoothie
chilled blend of apples, cinnamon and yogurt

Cinnamon & Sugar Stuffed Bread Sticks

Tot Spot's Loaded Nacho Tater Tots
crispy tater tots topped with taco meat, cheese sauce, Pico De Gallo, sour cream and garnished with scallions

Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy

Incredibowls General Tso's Chicken
General Tso's seasoned chicken with brown rice, broccoli, and scallions

Meatball Sliders
baked, sliced meatballs topped with tomato sauce, mozzarella and parmesan cheese
Sweet Potato Fries



BBQ Chicken Pizza
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion

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freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion

BBQ Chicken Pizza
freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion

Available Daily: Cheese Pizza & Pepperoni Pizza all featuring whole grain rich pizza dough



Chicken Parmesan Sandwich
chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll

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chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll

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chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Turkey Taco Salad
baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream

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baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream

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baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream

Available Daily: Nachos, Crispy and Soft Tacos with your choice of Mexi Beef, Shredded Cheddar



Available Daily:

Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese, Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.

All Meals are offered with Milk and your choice of fruit



Healthy Harvest Salad Bar:

Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



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East Windsor Middle School

Welcome to our Lunch Cafe

11/18/2024 - 11/22/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Mac & Cheese
pasta in cheese sauce,
garnished with parsley



Pulled Pork Sliders
*tender pulled pork with
barbecue sauce and
coleslaw on a soft bun*



Baked Sweet Potato

Roasted Turkey with
Gravy
*oven roasted turkey
breast smothered with
gravy*
Mashed Potatoes

Cheesy Stuffed
Bread Sticks
*baked bread sticks filled
with melted cheese*
Sriracha Garbanzo
Beans

Homemade Chicken
& Broccoli Alfredo
*grilled chicken and
broccoli florets tossed in
a creamy sauce over
tender pasta*



Macho Taco Pizza
*homemade fiesta style
taco meat, tomato sauce,
mozzarella and
parmesan cheese a top
pizza crust brushed with
garlic and oil*

Macho Taco Pizza
*homemade fiesta style
taco meat, tomato sauce,
mozzarella and
parmesan cheese a top
pizza crust brushed with
garlic and oil*

Macho Taco Pizza
*homemade fiesta style
taco meat, tomato sauce,
mozzarella and
parmesan cheese a top
pizza crust brushed with
garlic and oil*

Macho Taco Pizza
*homemade fiesta style
taco meat, tomato sauce,
mozzarella and
parmesan cheese a top
pizza crust brushed with
garlic and oil*

Macho Taco Pizza
*homemade fiesta style
taco meat, tomato sauce,
mozzarella and
parmesan cheese a top
pizza crust brushed with
garlic and oil*

Available Daily: Cheese Pizza & Pepperoni Pizza all featuring whole grain rich pizza dough



Spicy Cheddar
Burger
*grilled spicy beef patty
topped with cheddar
cheese with lettuce and
tomato*

Spicy Cheddar
Burger
*grilled spicy beef patty
topped with cheddar
cheese with lettuce and
tomato*

Spicy Cheddar
Burger
*grilled spicy beef patty
topped with cheddar
cheese with lettuce and
tomato*

Spicy Cheddar
Burger
*grilled spicy beef patty
topped with cheddar
cheese with lettuce and
tomato*

Spicy Cheddar
Burger
*grilled spicy beef patty
topped with cheddar
cheese with lettuce and
tomato*

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Cheese Quesadilla
*freshly grilled flour tortilla
with melted cheese*

Cheese Quesadilla
*freshly grilled flour tortilla
with melted cheese*

Cheese Quesadilla
*freshly grilled flour tortilla
with melted cheese*

Cheese Quesadilla
*freshly grilled flour tortilla
with melted cheese*

Cheese Quesadilla
*freshly grilled flour tortilla
with melted cheese*

Available Daily: Nachos, Crispy and Soft Tacos with your choice of Mexi Beef, Shredded Cheddar



Available Daily:

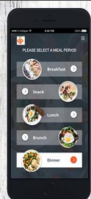
Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese,
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Healthy Harvest Salad Bar:

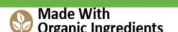
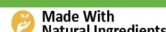
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli,
Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits
and vegetables



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East Windsor Middle School

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11/25/2024 - 11/29/2024

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Baked Potato Bar
a fluffy baked potato layered with toppings of your choice

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🍴



Pepperoni Pizza Pops
freshly prepared garlic pizza dough stuffed with mozzarella cheese, rich tomato sauce, pepperoni and spices 🍴

Pepperoni Pizza Pops
freshly prepared garlic pizza dough stuffed with mozzarella cheese, rich tomato sauce, pepperoni and spices 🍴

Available Daily: Cheese Pizza & Pepperoni Pizza all featuring whole grain rich pizza dough



BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Bean & Veggie Loaded Burrito
a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour cream 🍴

Bean & Veggie Loaded Burrito
a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour cream 🍴

Available Daily: Nachos, Crispy and Soft Tacos with your choice of Mexi Beef, Shredded Cheddar



Available Daily:

Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese, Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.

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