

# East Windsor Middle & High School

Welcome to our  
Lunch Cafe

12/2/2024 - 12/6/2024



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Oven Baked Fries

Incredibowls Chicken & Vegetable Rice  
*fluffy rice topped with vegetable stir fry and baked chicken* 🌱

Cinnamon French Toast  
*slices of French toast baked to perfection* 🌱

Chili Cheese Dog  
*a tender hot dog topped with savory chili and cheese sauce in a toasted bun* 🌱 🍌  
Baked Beans

Wing Shack Classic Buffalo Chicken Wings  
*an American classic, tossed in spicy buffalo sauce*  
Wing Shack Honey BBQ Glazed Chicken Wings



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

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



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

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*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* 🍌

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**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:**

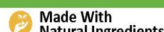
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



Check out our mobile menu at [www.FDMealPlanner.com](http://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 & High School

Welcome to our  
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12/9/2024 - 12/13/2024



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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

Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce*   
Tomato Sauce Dip  
Steamed Carrots

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

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

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*

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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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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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:

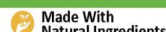
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



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# East Windsor Middle & High School

Welcome to our  
Lunch Cafe

12/16/2024 - 12/20/2024



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Texas Style Chili  
hearty beef chili with red  
and black beans and  
topped with cheddar  
cheese 🌱 🌱

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 🌱

BBQ Chicken Pizza  
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  
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cheddar, chicken strips,  
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sauce, mozzarella,  
cheddar, chicken strips,  
and red onion 🌱

BBQ Chicken Pizza  
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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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in tomato sauce, topped  
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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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with lettuce, beans,  
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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 & High School

Welcome to our  
Lunch Cafe

12/23/2024 - 12/27/2024



Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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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WHITSON'S School Nutrition

# East Windsor Middle & High School

Welcome to our  
Lunch Cafe

12/30/2024 - 12/31/2024



Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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:  
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Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits  
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