

EWMS and EWHS

Welcome to our Lunch Cafe

1/1/2025 - 1/3/2025

MEATLESS MONDAY

Monday Tuesday Wednesday Thursday Friday



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

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

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

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

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:

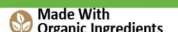
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



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.



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EWMS and EWHS

1/6/2025 - 1/10/2025


Welcome to our Lunch Cafe

Monday **Tuesday** **Wednesday** **Thursday** **Friday**


	Mission Burrito <i>authentic fiesta style meat topped with sour cream, beans, seasoned rice, shredded cheese and crisp lettuce inside a soft tortilla shell assembled in-house</i> 🌮	Honeyfire Kitchen Chicken Sandwich <i>freshly prepared chicken drizzled with honey fire sauce</i> Oven Baked Fries	Chicken & Cheese Quesadilla <i>hand crafted grilled flour tortilla filled with juicy chicken and melty cheese</i> Confetti Black Bean Salad	Chicken Parmesan Sandwich <i>chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i>	Philly Cheese Steak <i>thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house</i> 🌭 Oven Baked Fries
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	Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough</i>	Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough</i>	Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough</i>	Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough</i>	Buffalo Chicken Pizza <i>buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough</i>
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Available Daily: Cheese Pizza & Pepperoni Pizza all featuring whole grain rich pizza dough


	Double Bacon Burger <i>two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</i>	Double Bacon Burger <i>two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</i>	Double Bacon Burger <i>two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</i>	Double Bacon Burger <i>two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</i>	Double Bacon Burger <i>two juicy all beef patties topped with crisp bacon, cheese, on a soft bun</i>
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Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken

	BBQ Chicken Nachos <i>crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage</i> 🌮	BBQ Chicken Nachos <i>crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage</i> 🌮	BBQ Chicken Nachos <i>crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage</i> 🌮	BBQ Chicken Nachos <i>crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage</i> 🌮	BBQ Chicken Nachos <i>crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage</i> 🌮
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Available Daily: Nachos, Crispy and Soft Tacos with your choice of Mexi Beef, Shredded Cheddar

	<p>Available Daily:</p> <p>Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese, Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.</p> <p>All Meals are offered with Milk and your choice of fruit</p>				
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	<p>Healthy Harvest Salad Bar:</p> <p>Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables</p>				
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EWMS and EWHS

1/13/2025 - 1/17/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY
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 🌱

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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 🌱

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

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,
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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:

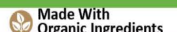
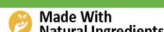
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli,
Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits
and vegetables



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EWMS and EWHS

1/20/2025 - 1/24/2025

Welcome to our
Lunch Cafe



Monday

Tuesday

Wednesday

Thursday

Friday



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

Chicken Nuggets
*crispy breaded chicken
nuggets perfect for
dipping in your favorite
sauce*
Baked Sweet Potato

Nachos Grande
*tortilla chips topped with
freshly prepared mexi
style meat and cheese*
🌱

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* 🌱

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taco meat, tomato sauce,
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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:

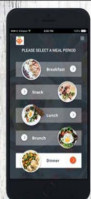
Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese,
Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.

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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EWMS and EWHS

1/27/2025 - 1/31/2025


Welcome to our Lunch Cafe

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 🍴	Memphis Blues Dog hot dog on a bun, topped with BBQ sauce, shredded cheddar and scallions 🍴 Chili Roasted Garbanzo Beans	Nashville Hot Kickin' Chicken Sandwich freshly prepared chicken drizzled with hot sauce, topped with coleslaw and pickled chips served on homemade waffle 🍴 Glazed Carrots	Jamaican Jerk Chicken baked chicken sautéed in our homemade jerk seasoning 🍴 Spiced Roasted Green Beans w/ Parmesan
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	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 🍴	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 🍴	Pepperoni Pizza Pops freshly prepared garlic pizza dough stuffed with mozzarella cheese, rich tomato sauce, pepperoni and spices 🍴
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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	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	BBQ Chicken Sandwich warm baked chicken smothered in BBQ sauce on a bun and prepared in-house
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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 🍴	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 🍴	Bean & Veggie Loaded Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour cream 🍴
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Available Daily: Nachos, Crispy and Soft Tacos with your choice of Mexi Beef, Shredded Cheddar

	<p>Available Daily:</p> <p>Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese, Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.</p> <p>All Meals are offered with Milk and your choice of fruit</p>				
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	<p>Healthy Harvest Salad Bar:</p> <p>Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables</p>				
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