

East Windsor Middle & High School

Welcome to our
Lunch Cafe

2/3/2025 - 2/7/2025



Monday

Tuesday

Wednesday

Thursday

Friday



Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Sautéed Spinach

Tot Spot's BBQ Chicken Tater Tots
crispy tater tots topped with BBQ chicken and scallion garnish

Cinnamon French Toast
slices of French toast baked to perfection
Egg Patty
Sausage Patty

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

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



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

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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

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burger on a freshly toasted bun with BBQ sauce

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burger on a freshly toasted bun with BBQ sauce

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

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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:

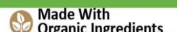
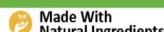
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



Check out our mobile menu at www.FDMealPlanner.com 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

Welcome to our Lunch Cafe

2/10/2025 - 2/14/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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 🌱

Honeyfire Kitchen Chicken Sandwich
freshly prepared chicken drizzled with honey fire sauce
Baked French Fries

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



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

Buffalo Chicken Pizza
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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two juicy all beef patties topped with crisp bacon, cheese, on a soft bun

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

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 🌱

BBQ Chicken Nachos
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:

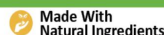
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



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East Windsor Middle School

Welcome to our Lunch Cafe

2/17/2025 - 2/21/2025

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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 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

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

Chicken Parmesan Sandwich
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

Turkey Taco Salad
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

2/24/2025 - 2/28/2025

MEATLESS MONDAY

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

Pasta with Meat
Sauce
*freshly cooked pasta with
meat sauce* 🌱
Steamed Broccoli



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:

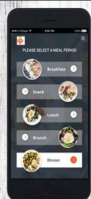
Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese,
Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.

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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