

# East Windsor Middle & High School

Welcome to our Lunch Cafe

3/3/2025 - 3/7/2025



**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

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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:

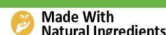
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



Check out our mobile menu at [www.FDMealPlanner.com](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 Lunch Cafe

3/10/2025 - 3/14/2025



**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*  
Oven Baked 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*

Sausage Onions & Peppers Sandwich  
*Italian sausage sandwich topped with sauteed onions and peppers* 🌱  
Oven Baked Fries



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

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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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**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* 🌱

**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:**

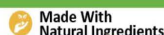
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



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# East Windsor Middle & High School

Welcome to our  
Lunch Cafe

3/17/2025 - 3/21/2025



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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

Ramen Noodle Bar  
create your own authentic ramen noodle soup bowl with assorted toppings

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

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

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 & High School

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Lunch Cafe

3/24/2025 - 3/28/2025



**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* 🌱

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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* 🌱

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*freshly grilled flour tortilla  
with melted cheese* 🌱

Cheese Quesadilla  
*freshly grilled flour tortilla  
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*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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3/31/2025 - 3/31/2025



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Deli Bar  
an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich



Roma Pepperoni Griller Meltdown Café  
freshly prepared grilled cheese sandwich with mozzarella, pepperoni, pizza sauce and provolone 🍕

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



English Cheddar Burger  
freshly grilled burger topped with cheddar cheese, sautéed onions, crisp lettuce and tomatoes on a bun 🍔

Available Daily: Hamburgers, Cheeseburgers, Chicken Patties and Spicy Chicken Sandwiches



Crispy Tacos  
homemade spicy taco meat inside a crispy taco shell topped with cheese

Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried



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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