East Wi 5/1/2025 - 1	ndsor Mid	Idle a	nd H	igh Schoo	ols 🛛	elcome to our Lunch Cafe
	Monday	Tues	day	Wednesday	Thursday	Friday
World St.					Incredibowls Chicken & Vegetable Rice fluffy rice topped with vegetable stir fry and baked chicken 🔗	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in- house
	<u></u>				Pepper & Onion	Pepper & Onion
2ª CUCINA					Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🕜 🤌	Pizza freshly made pizza dough topped with marinara sauce, mozzarella and sauteed peppers and onions 🔗 🤔
	Availa	able Daily: Che	ese Pizza &	Pepperoni Pizza all fea	turing whole grain rich piz	za dough
Miss RUBY'S GRILL					Smokehouse Burger burger on a freshly toasted bun with BBQ sauce 🤔	Smokehouse Burger burger on a freshly toasted bun with BBQ sauce 🦻
		Available Dail	y: Hamburg	ers, Cheeseburgers, an	d Spicy Chicken Sandwich	les
Coyote GRILL					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: N	Nachos, Cris	spy and S	o <mark>ft Tacos w</mark> ith you	r choice of Mexi Beef	Shredded Cheddar
Real Meals EXPRESS		eanut Butte	r & Jelly U	ncrustables, Assort	, Garden Salad w/ Chio ed Sandwiches and W your choice of fruit	
	1					
Healthy		The second second second	Grape T	ples, Oranges, a	ts, Celery, Peppers nd other assorted	
				and vegetables		177
Check out our n	nobilo monu at				y, seafood, shellfish or eggs may i	
www.FDMealPla FD MealPlanner for the App Store of view your menu	nobile menu at anner.com or download r free of charge, from r Google Play, and on your mobile device		ness, especially /ailable. * In acc gulations and p blor national ori	γ if you have certain medical ordance with federal civil rig policies, this institution is pro gin, sex (including gender ide liation for prior civil rights ac	conditions. * Menu is subject to ch hts law and U.S. Department of Ag hibited from discriminating on the entity and sexual orientation), disa tivity. * This institution is an equal	nange, notice posted when riculture (USDA) civil rights basis of race, bility, age, opportunity WHITSONS [®] School Nutrition
anywhere.	name in the second		🖉 Vegetarian	🤭 Made With Natural Ingredients	Pork 😵 Smart Choice	Made With Organic Ingredients

East Windsor Middle and High Schools

Welcome to our Lunch Cafe

5/5/2025 - 5/9/2025

in the second	Monday	Tuesday	Wednesday	Thursday	Friday
World St. MARKET	BBQ Chicken chicken coated in BBQ sauce Steamed Broccoli	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
2ª CUCINA O	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	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	Buffalo Chicken Pizza buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough
	Availat	ole Daily: Cheese Pizza &	Pepperoni Pizza all featu	ring whole grain rich pizz	a dough
Mias RUBY's GRILL	Double Bacon Burger 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	Double Bacon Burger 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	Double Bacon Burger two juicy all beef patties topped with crisp bacon, cheese, on a soft bun
	Available Daily: Ha	mburgers, Cheeseburger	s, Turkey Burgers, Veggie	Burgers, Chicken Patties	s and Spicy Chicken
Coyote GRILL	BBQ Chicken Nachos crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage	BBQ Chicken Nachos crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage	BBQ Chicken Nachos crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage	BBQ Chicken Nachos 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: Na	achos, Crispy and S	oft Tacos with your o	choice of Mexi Beef,	Shredded Cheddar
Real Meals" EXPRESS		anut Butter & Jelly U	Available Daily: ic Granola Topping, C ncrustables, Assortec fered with Milk and ye	Sandwiches and Wr	
Healthy	la la companya da la companya da serie da la companya da la companya da la companya da la companya da la compa	/ Greens, Grape T banzo Beans, Ap	hy Harvest Salad omatoes, Carrots ples, Oranges, and and vegetables	, Celery, Peppers,	
FD MealPlanner the App Store or	nobile menu at anner.com or download free of charge, from r Google Play, and on your mobile device	illness, especially available. * In acc regulations and p color national ori	or under cooked meat, poultry, s y if you have certain medical cor cordance with federal civil rights solicies, this institution is prohib gin, sex (including gender identi liation for prior civil rights activi Made With Matural Ingredients	nditions. * Menu is subject to cha law and U.S. Department of Agr ited from discriminating on the l ty and sexual orientation), disab	ange, notice posted when iculture (USDA) civil rights basis of race, vility, age,

	Monday	Tuesday	Wednesday	Thursday	Friday
World 👬	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 meatba topped with tomato sauce, mozzarella an parmesan cheese Sweet Potato Frie
ACUCINA CUCINA	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 🤌	BBQ Chicken Pizza freshly prepared pizza dough topped with BBQ sauce, mozzarella, cheddar, chicken strips, and red onion 🤌	BBQ Chicken Pizz freshly prepared pizz dough topped with BE sauce, mozzarella, cheddar, chicken strip and red onion 🤌
	Availat	l ble Daily: Cheese Pizza &	Pepperoni Pizza all featu	ring whole grain rich pizz	a dough
Misa RUBY'S GRIL	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	Chicken Parmesan Sandwich chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll	Chicken Parmesa Sandwich chicken patty smother in tomato sauce, topp with melted cheese assembled in-house of roll
	Available Daily: Ha	mburgers, Cheeseburger	s, Turkey Burgers, Veggie	Burgers, Chicken Patties	s and Spicy Chicken
Poyote GRILL	Turkey Taco Salad baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream O	Turkey Taco Salad baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream O	Turkey Taco Salad baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream ⁽²⁾	Turkey Taco Salad baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream O	Turkey Taco Salad baked tortilla shell fille with lettuce, beans, turkey taco meat, pico gallo, shredded chedd and sour cream Shredded Chedd
		,,,	,		
Healthy					



	Monday	Tuesday	Wednesday	Thursday	Friday	
World Market	Buffalo Chicken Mac & Cheese pasta in cheese sauce, topped with buffalo style chicken 🔗 Mixed Vegetables	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	Incredibowls General Tso's Chicken General Tso's seasoned chicken with brown rice, broccoli, and scallions $\widecheck{\mathcal{O}}$ Sriracha Garbanzo Beans	Pasta with Meat Sauce freshly cooked pasta v meat sauce 🤣 Steamed Brocco	
de CUCINA CUCINA	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 <i>S</i>	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 <i>©</i>	Macho Taco Pizz homemade fiesta sty taco meat, tomato sau mozzarella and parmesan cheese a to pizza crust brushed w garlic and oil 🔗	
	Availa	ole Daily: Cheese Pizza &	Pepperoni Pizza all featur	ring whole grain rich pizz	a dough	
Miss RUBYS GRILL	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 pat topped with chedda cheese with lettuce a tomato 🤣	
	Available Daily: Ha	mburgers, Cheeseburger	s, Turkey Burgers, Veggie	Burgers, Chicken Patties	and Spicy Chicken	
Coyote GRILL	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 Quesadill freshly grilled flour tort with melted cheese	
	Available Daily: N	achos, Crispy and S	oft Tacos with your o	hoice of Mexi Beef,	Shredded Chedd	
	Available Daily:					
Real Meals" EXPRESS	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:					
Healthy MARVEST		/ Greens, Grape T banzo Beans, Ap				

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Made With Natural Ingredients

Made With Organic Ingredients

Smart Choice

Pork

	Monday	Tuesday	Wednesday	Thursday	Friday		
World St. Market		Meltdown Cafe Grilled Cheese with Bacon grilled cheese with layers of crisp bacon on toasty bread Wild West Grilled Cheese Meltdown Café (?) Tomato Soup	Homemade Shepherd's Pie seasoned ground meat and crisp vegetables covered in creamy mashed potatoes, melted cheese, and gravy	Wing Shack Classic Buffalo Chicken Wings an American classic, tossed in spicy buffalo sauce Thai Chicken Wings Momemade Deli Style Coleslaw	Deli Bar an assortment of cold cuts, cheeses, condiments and breads rolls, or wraps to creat your own sandwich		
4°UCINA		Roma Pepperoni Griller Meltdown Café freshly prepared grilled cheese sandwich with mozzarella, pepperoni, pizza sauce and provolone 🔗	Roma Pepperoni Griller Meltdown Café freshly prepared grilled cheese sandwich with mozzarella, pepperoni, pizza sauce and provolone 诊	Roma Pepperoni Griller Meltdown Café freshly prepared grilled cheese sandwich with mozzarella, pepperoni, pizza sauce and provolone 🔗	Roma Pepperoni Griller Meltdown Ca freshly prepared grille cheese sandwich with mozzarella, pepperon pizza sauce and provolone b		
	Availab	le Daily: Cheese Pizza and	Pepperoni Pizza all featu	iring whole grain rich piz	za dough		
Miss RUBY'S		English Cheddar Burger freshly grilled burger topped with cheddar cheese, sautéed onions, crisp lettuce and tomatoes on a bun 🤣	English Cheddar Burger freshly grilled burger topped with cheddar cheese, sautéed onions, crisp lettuce and tomatoes on a bun 🔗	English Cheddar Burger freshly grilled burger topped with cheddar cheese, sautéed onions, crisp lettuce and tomatoes on a bun 🔗	English Cheddar Burger freshly grilled burger topped with cheddar cheese, sautéed onion crisp lettuce and tomatoes on a bun 🔗		
	Available	e Daily: Hamburgers, Che	eseburgers, Chicken Patt	es and Spicy Chicken Sa	ndwiches		
Coyote GRILL		Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese	Crispy Tacos homemade spicy taco meat inside a crispy taco shell topped with cheese	Crispy Tacos homemade spicy taco meat inside a crispy tac shell topped with chees		
	Available Daily: Nacho	os, Cripsy and Soft Tacos,	Mexi-Rice with your choi	ce of Mexi Beef, Mexi Chi	cken, Mexi Veg, Refrie		
Real Meals EXPRESS	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		/ Greens, Grape To banzo Beans, Apj		Celery, Peppers,			