

East Windsor Middle and High Schools

5/1/2025 - 5/2/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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 🌱

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

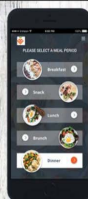
Available Daily:

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:

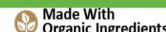
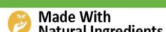
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



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.



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 and High Schools

5/5/2025 - 5/9/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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



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:

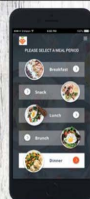
Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese, Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.

All Meals are offered with Milk and your choice of fruit



Healthy Harvest Salad Bar:

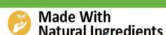
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli, Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits and vegetables



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East Windsor Middle and High Schools

Welcome to our
Lunch Cafe

5/12/2025 - 5/16/2025

MEATLESS MONDAY

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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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

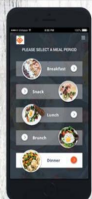
Turkey Taco Salad
baked tortilla shell filled with lettuce, beans, turkey taco meat, pico de gallo, shredded cheddar, and sour cream

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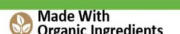
Available Daily: Nachos, Crispy and Soft Tacos with your choice of Mexi Beef, Shredded Cheddar



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East Windsor Middle and High Schools

5/19/2025 - 5/23/2025

Welcome to our
Lunch Cafe

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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 🍗
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
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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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with melted cheese 🌱

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Available Daily: Nachos, Crispy and Soft Tacos with your choice of Mexi Beef, Shredded Cheddar



Available Daily:

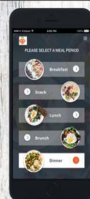
Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese,
Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.

All Meals are offered with Milk and your choice of fruit



Healthy Harvest Salad Bar:

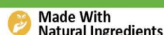
Dark Leafy Greens, Grape Tomatoes, Carrots, Celery, Peppers, Broccoli,
Cauliflower, Garbanzo Beans, Apples, Oranges, and other assorted seasonal fruits
and vegetables



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East Windsor Middle and High Schools

5/26/2025 - 5/30/2025

Welcome to our
Lunch Cafe

Meatless Monday
Monday

Tuesday

Wednesday

Thursday

Friday



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
Homemade Deli Style Coleslaw

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

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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

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

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

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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

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



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

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

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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

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

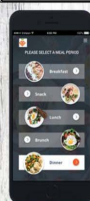


Available Daily:
Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese, Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.

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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