

East Windsor Middle School

Welcome to our
Lunch Cafe

6/2/2025 - 6/6/2025



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nuggets
crispy breaded chicken nuggets perfect for dipping in your favorite sauce
Oven Baked Fries

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

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

Chicken & Cheese Quesadilla
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese
Sweet Corn

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



Cheese Pizza
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp
Pepperoni Pizza

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Classic Beef Burger
beef burger on a freshly toasted bun
Cheeseburger

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Available Daily:

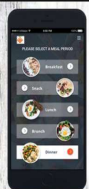
Organic Yogurt Parfait with Organic Granola Topping, Garden Salad w/ Chicken or Cheese, Peanut Butter & Jelly Uncrustables, Assorted Sandwiches and Wraps.

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.

