

# East Windsor High School

Welcome to our Lunch Cafe

5/1/2026 - 5/1/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



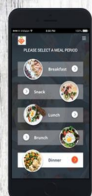
Chicken Parmesan Over Pasta  
oven baked chicken topped with sauce and melted cheese, all over pasta 🍴  
Fresh Broccoli  
Chickpea Salad

Classic Tex Mex Burrito  
mexi-style meat, rice and shredded cheese folded inside a soft tortilla 🍴

Spicy Chicken Sandwich  
warm spicy chicken breaded cutlet prepared in-house

Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich **P**  
Fruity Parfait 🍴 🍌  
Uncrustable PB and Jelly Sandwich  
Chicken Caesar Salad 🍴

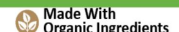
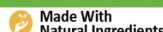
All Meals Are Served With Low-Fat Milk & Assorted Fruits & Vegetables



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# East Windsor High School

Welcome to our  
Lunch Cafe

5/4/2026 - 5/8/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Mozzarella Sticks   
With Tomato Sauce  
Dip  
And Whole Wheat  
Dinner Roll  
Garden Salad

Soft Tacos  
*freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell*   
Beans & Rice   
Buttered Corn  
Black Beans

Pasta with Meat  
Sauce  
*freshly cooked pasta with meat sauce*   
Homemade Garlic  
Bread  
Steamed Broccoli

Yard Bird Classic  
Chicken Sandwich  
*a delicious chicken filet on a hearty bun, served with special sauce and a pickle*  
Baked Potato  
Wedges  
Carrot Dippers

BBQ Chicken Sauce  
& Toss  
*popcorn chicken glazed with BBQ sauce*  
Brown Rice  
Glazed Carrots



Chicken Bacon  
Ranch Pizza  
*fresh pizza topped with chicken and bacon, drizzled with ranch dressing*

Chicken Fajita Wrap  
*seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house*

Pepperoni Pizza  
*cheese pizza topped with pepperoni*

Classic Tex Mex  
Burrito  
*mexi-style meat, rice and shredded cheese folded inside a soft tortilla*

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



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

Spicy Chicken  
Sandwich  
*warm spicy chicken breaded cutlet prepared in-house*

Cheeseburger  
*burger topped with cheese on a freshly toasted bun*

Beef Hot Dog on Bun  
*juicy beef hot dog on a soft bun*

Crispy Chicken  
Sandwich  
*warm crispy breaded chicken on a bun prepared in-house*



Turkey Sandwich  
*freshly made sandwich with thinly sliced turkey*  
Ham & Cheese  
Sandwich   
Fruity Parfait   
Uncrustable PB and  
Jelly Sandwich  
Crispy Chicken  
Garden Salad

Turkey Sandwich  
*freshly made sandwich with thinly sliced turkey*  
Ham & Cheese  
Sandwich   
Fruity Parfait   
Uncrustable PB and  
Jelly Sandwich  
Garden Salad with  
Cheese Entree

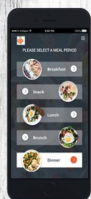
Turkey Sandwich  
*freshly made sandwich with thinly sliced turkey*  
Ham & Cheese  
Sandwich   
Fruity Parfait   
Uncrustable PB and  
Jelly Sandwich  
Buffalo Chicken  
Salad with Dinner  
Rolls

Turkey Sandwich  
*freshly made sandwich with thinly sliced turkey*  
Ham & Cheese  
Sandwich   
Fruity Parfait   
Uncrustable PB and  
Jelly Sandwich  
Garden Salad with  
Cheese Entree

Turkey Sandwich  
*freshly made sandwich with thinly sliced turkey*  
Ham & Cheese  
Sandwich   
Fruity Parfait   
Uncrustable PB and  
Jelly Sandwich  
Chicken Caesar  
Salad



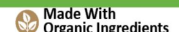
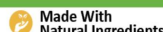
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# East Windsor High School

Welcome to our Lunch Cafe

5/11/2026 - 5/15/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Seared Dumplings  
stuffed dumplings perfect for dipping in your favorite Asian sauce 🍴  
Vegetable Fried Rice  
Chickpea Salad

Ranch & Chicken Quesadilla  
homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla  
Yellow Seasoned Rice  
Spiced Roasted Green Beans w/ Parmesan

Incredibowls General Tso's Chicken  
General Tso's seasoned chicken with brown rice, broccoli, and scallions 🍴  
Steamed Carrots

Homemade Spicy Pork Mac & Cheese  
shredded pork mixed with hot sauce blended with pasta smothered in a creamy cheese sauce 🍴 P  
Garden Salad

Buffalo Chicken Tenders  
Buffalo chicken tenders with carrot and celery sticks 🍴  
Whole Grain Biscuit  
Sweet Corn  
Celery  
Carrot Sticks



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

Classic Cheese Pizza  
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese 🍴

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

Buffalo Chicken Pizza  
freshly prepared cheese pizza topped with chicken tossed in hot sauce 🍴

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



Spicy Chicken Sandwich  
warm spicy chicken breaded cutlet prepared in-house

Barbecue Rib Sandwich  
warm BBQ rib patty on a bun prepared in-house P

Cheeseburger  
burger topped with cheese on a freshly toasted bun

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

Spicy Chicken Sandwich  
warm spicy chicken breaded cutlet prepared in-house



Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich P  
Fruity Parfait 🍴 🍷  
Uncrustable PB and Jelly Sandwich  
Chicken Caesar Salad 🍴

Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich P  
Fruity Parfait 🍴 🍷  
Uncrustable PB and Jelly Sandwich  
Buffalo Chicken Salad with Dinner Rolls 🍴

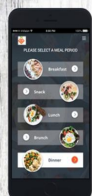
Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich P  
Fruity Parfait 🍴 🍷  
Uncrustable PB and Jelly Sandwich  
Garden Salad with Cheese Entree 🍴

Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich P  
Fruity Parfait 🍴 🍷  
Uncrustable PB and Jelly Sandwich  
Crispy Chicken Garden Salad 🍴

Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich P  
Fruity Parfait 🍴 🍷  
Uncrustable PB and Jelly Sandwich  
Garden Salad with Cheese Entree 🍴



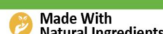
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# East Windsor High School

Welcome to our  
Lunch Cafe

5/18/2026 - 5/22/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Meatless Chik'n Nugget with Buffalo Sauce  
*crispy breaded meatless nuggets served with a buffalo sauce*   
Whole Wheat Dinner Roll  
Baked Potato Wedges  
Carrot Dippers

Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*   
Buttered Corn Refried Beans

Pasta with Meat Sauce *freshly cooked pasta with meat sauce*   
Whole Wheat Dinner Roll  
Garden Salad

Crispy Chicken Drumstick *tender chicken drumstick breaded and baked until crispy*  
Whole Grain Biscuit  
Mashed Potatoes  
Steamed Carrots

BLT Burger *freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun*   
Homemade Lite Veggie Pasta Salad  
Baked Beans



Chicken Bacon Ranch Pizza *fresh pizza topped with chicken and bacon, drizzled with ranch dressing*

Chicken Fajita Wrap *seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house*

Pepperoni Pizza *cheese pizza topped with pepperoni*

Beef and Cheese Quesadilla *melted cheese with homemade fiesta beef folded inside a grilled tortilla*

Bacon Pizza *pizza topped with crispy bacon*



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

Crispy Chicken Sandwich *warm crispy breaded chicken on a bun prepared in-house*

Cheeseburger *burger topped with cheese on a freshly toasted bun*

Spicy Chicken Sandwich *warm spicy chicken breaded cutlet prepared in-house*

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



Turkey Sandwich *freshly made sandwich with thinly sliced turkey*  
Ham & Cheese Sandwich   
Fruity Parfait   
Uncrustable PB and Jelly Sandwich  
Chicken Caesar Salad

Turkey Sandwich *freshly made sandwich with thinly sliced turkey*  
Ham & Cheese Sandwich   
Fruity Parfait   
Uncrustable Sandwich Lunch   
Garden Salad with Cheese Entree

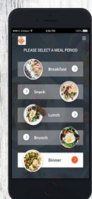
Turkey Sandwich *freshly made sandwich with thinly sliced turkey*  
Ham & Cheese Sandwich   
Fruity Parfait   
Uncrustable Sandwich Lunch   
Crispy Chicken Garden Salad

Turkey Sandwich *freshly made sandwich with thinly sliced turkey*  
Ham & Cheese Sandwich   
Fruity Parfait   
Uncrustable Sandwich Lunch   
Garden Salad with Cheese Entree

Turkey Sandwich *freshly made sandwich with thinly sliced turkey*  
Ham & Cheese Sandwich   
Fruity Parfait   
Uncrustable Sandwich Lunch   
Buffalo Chicken Salad with Dinner Rolls



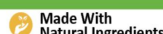
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# East Windsor High School

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5/25/2026 - 5/29/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Soft Tacos  
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell 🌮  
Beans & Rice 🌱 🌮  
Buttered Corn  
Black Beans

Chicken Corn Dog  
juicy chicken hot dog surrounded with a corn dog crust  
Baked Potato Wedges  
Carrot Dippers

Chicken Bowl with Gravy  
chicken layered with mashed potatoes and corn, smothered in gravy 🌮  
Whole Grain Biscuit  
Green Beans

French Toast  
French toast baked to perfection 🌱  
Crispy Turkey Sausage Links  
Crispy Potato Puffs



Pepperoni Pizza  
cheese pizza topped with pepperoni

Buffalo Chicken Pizza  
freshly prepared cheese pizza topped with chicken tossed in hot sauce 🌮

Classic Tex Mex Burrito  
mexi-style meat, rice and shredded cheese folded inside a soft tortilla 🌮  
Refried Beans

Pepperoni Pizza  
cheese pizza topped with pepperoni



Cheeseburger  
burger topped with cheese on a freshly toasted bun

Crispy Chicken Sandwich  
warm crispy breaded chicken on a bun prepared in-house

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

Spicy Chicken Sandwich  
warm spicy chicken breaded cutlet prepared in-house



Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich **P**  
Fruity Parfait 🌮 🌱  
Uncrustable  
Sandwich Lunch 🌱  
Garden Salad with Cheese Entree 🌱 🌮

Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich **P**  
Fruity Parfait 🌮 🌱  
Uncrustable  
Sandwich Lunch 🌱  
Chicken Caesar Salad 🌮

Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich **P**  
Fruity Parfait 🌮 🌱  
Uncrustable  
Sandwich Lunch 🌱  
Crispy Chicken Garden Salad 🌮

Turkey Sandwich  
freshly made sandwich with thinly sliced turkey  
Ham & Cheese Sandwich **P**  
Fruity Parfait 🌮 🌱  
Uncrustable  
Sandwich Lunch 🌱  
Garden Salad with Cheese Entree 🌱 🌮



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