

# East Windsor Middle School

Welcome to our Lunch Cafe

5/1/2026 - 5/1/2026



Monday

Tuesday

Wednesday





Thursday

Friday



Yard Bird Classic  
Chicken Sandwich  
*a delicious chicken filet  
on a hearty bun, served  
with special sauce and a  
pickle*  
Baked Beans  
Garden Salad

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

Cobb Salad  
*fresh lettuce topped with  
bacon, baked chicken,  
shredded cheddar, and  
chopped egg*     
Fruity Parfait     
  
Uncrustable PB and  
Jelly Sandwich

Fresh Apple  
Fresh Orange  
Fresh Banana  
Baby Carrots  
Celery  
Cucumber Coins  
Grape Tomatoes  
Garden Salad

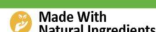
All Meals Are Served With Low-Fat Milk & Assorted Fruits & Vegetables



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.

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# East Windsor Middle School

Welcome to our Lunch Cafe

5/4/2026 - 5/8/2026



HONEYFIRE KITCHEN

Monday

Tuesday

Wednesday

Thursday

Friday

Stuffed Breadstick  
With Tomato Sauce  
Garden Salad

BLT Burger  
*freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun*  
P  
Oven Baked Fries  
Baked Beans

Chicken and Waffles  
*crispy chicken placed on top of fluffy waffles*  
Applesauce  
Carrot Dippers

Homemade Mac & Cheese  
*pasta in cheese sauce, garnished with parsley*  
Steamed Broccoli

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



HONEYFIRE KITCHEN



Cheeseburger  
*burger topped with cheese on a freshly toasted bun*  
Classic Beef Burger  
Crispy Potato Puffs

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

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

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

Cheeseburger  
*burger topped with cheese on a freshly toasted bun*  
Classic Beef Burger  
Crispy Potato Puffs



Garden Salad Entree  
*fresh garden salad topped with meat*  
Fruity Parfait  
Uncrustable PB and Jelly Sandwich

Buffalo Chicken Wrap  
*warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*  
Fruity Parfait  
Uncrustable PB and Jelly Sandwich

Cobb Salad  
*fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg*  
Fruity Parfait  
Uncrustable PB and Jelly Sandwich

Chicken Caesar Salad  
*fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls*  
Fruity Parfait  
Uncrustable PB and Jelly Sandwich

BBQ Chicken Wrap  
*chicken breast with BBQ sauce, lettuce and tomato in a wrap*  
Fruity Parfait  
Uncrustable PB and Jelly Sandwich



Fresh Apple  
Fresh Orange  
Fresh Banana  
Baby Carrots  
Celery  
Cucumber Coins  
Grape Tomatoes  
Garden Salad

Fresh Apple  
Fresh Orange  
Fresh Banana  
Baby Carrots  
Celery  
Cucumber Coins  
Grape Tomatoes  
Garden Salad

Fresh Apple  
Fresh Orange  
Fresh Banana  
Baby Carrots  
Celery  
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Baby Carrots  
Celery  
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Grape Tomatoes  
Garden Salad

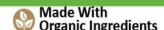
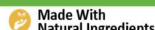
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# East Windsor Middle School

Welcome to our Lunch Cafe

5/11/2026 - 5/15/2026



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



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

Nachos Grande  
*tortilla chips topped with freshly prepared mexi style meat and cheese*   
Nachos with Cheese   
Sweet Corn  
Black Beans

Pasta with Meat Sauce  
*freshly cooked pasta with meat sauce*   
Whole Wheat Dinner Roll  
Steamed Broccoli

Chicken Bowl with Gravy  
*chicken layered with mashed potatoes and corn, smothered in gravy*   
Whole Grain Biscuit  
Steamed Carrots

Whole Grain Pancakes with Sausage  
*light and fluffy pancakes served with a sausage patty*  
Crispy Potato Puffs  
Carrot Dippers  
Syrup



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

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

Cheeseburger  
*burger topped with cheese on a freshly toasted bun*  
Classic Beef Burger  
Baked Potato  
Wedges

Bacon Pizza  
*pizza topped with crispy bacon*   
Classic Cheese Pizza

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



Chicken Caesar Salad  
*fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls*   
Fruity Parfait   
Uncrustable PB and Jelly Sandwich

Buffalo Chicken Wrap  
*warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato*   
Fruity Parfait   
Uncrustable PB and Jelly Sandwich

Garden Salad Entree  
*fresh garden salad topped with meat*   
Fruity Parfait   
Uncrustable PB and Jelly Sandwich

BBQ Chicken Wrap  
*chicken breast with BBQ sauce, lettuce and tomato in a wrap*   
Fruity Parfait   
Uncrustable PB and Jelly Sandwich

Cobb Salad  
*fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg*   
Fruity Parfait   
Uncrustable PB and Jelly Sandwich



Fresh Apple  
Fresh Orange  
Fresh Banana  
Baby Carrots  
Celery  
Cucumber Coins  
Grape Tomatoes  
Garden Salad

Fresh Apple  
Fresh Orange  
Fresh Banana  
Baby Carrots  
Celery  
Cucumber Coins  
Grape Tomatoes  
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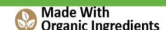
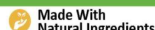
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# East Windsor Middle School

Welcome to our Lunch Cafe

5/18/2026 - 5/22/2026



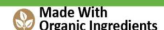
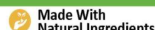
	Monday	Tuesday	Wednesday	Thursday	Friday
	Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Tomato Sauce Dip Garden Salad	Soft Tacos <i>freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell</i> Sweet Corn Black Beans	Pasta with Meat Sauce <i>freshly cooked pasta with meat sauce</i> Whole Wheat Dinner Roll Green Beans	Cheeseburger burger topped with cheese on a freshly toasted bun Homemade Lite Veggie Pasta Salad Carrot Dippers	Baked Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Whole Wheat Dinner Roll Baked Potato Wedges
 	Grilled Cheese Sandwich Melt-down Café <i>golden toasted bread with melted gooey cheese pressed and prepared in-house</i> Crispy Potato Puffs	Chicken Bacon Ranch Pizza <i>fresh pizza topped with chicken and bacon, drizzled with ranch dressing</i> Crispy Chicken Sandwich <i>warm crispy breaded chicken on a bun prepared in-house</i> Spicy Chicken Sandwich Baked Potato Wedges	Crispy Chicken Sandwich <i>warm crispy breaded chicken on a bun prepared in-house</i> Spicy Chicken Sandwich Baked Potato Wedges	Classic Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i> Pepperoni Pizza	Beef Hot Dog on Bun <i>juicy beef hot dog on a soft bun</i> Oven Baked Fries
	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> Fruity Parfait Uncrustable PB and Jelly Sandwich	Buffalo Chicken Wrap <i>warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato</i> Fruity Parfait Uncrustable PB and Jelly Sandwich	Garden Salad Entree <i>fresh garden salad topped with meat</i> Fruity Parfait Uncrustable PB and Jelly Sandwich	BBQ Chicken Wrap <i>chicken breast with BBQ sauce, lettuce and tomato in a wrap</i> Fruity Parfait Uncrustable PB and Jelly Sandwich	Cobb Salad <i>fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg</i> Fruity Parfait Uncrustable PB and Jelly Sandwich
	Fresh Apple Fresh Orange Fresh Banana Baby Carrots Celery Cucumber Coins Grape Tomatoes Garden Salad	Fresh Apple Fresh Orange Fresh Banana Baby Carrots Celery Cucumber Coins Grape Tomatoes Garden Salad	Fresh Apple Fresh Orange Fresh Banana Baby Carrots Celery Cucumber Coins Grape Tomatoes Garden Salad	Fresh Apple Fresh Orange Fresh Banana Baby Carrots Celery Cucumber Coins Grape Tomatoes Garden Salad	Fresh Apple Fresh Orange Fresh Banana Baby Carrots Celery Cucumber Coins Grape Tomatoes Garden Salad
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# East Windsor Middle School

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5/25/2026 - 5/29/2026



Monday

Tuesday

Wednesday

Thursday

Friday



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

Homemade Mac & Cheese  
pasta in cheese sauce, garnished with parsley 🌿 🌮  
Steamed Broccoli

Ranch & Chicken Quesadilla  
homemade fiesta chicken, mozzarella and ranch dressing melted into a warm tortilla  
Cheese Quesadilla 🌿  
Green Beans

French Toast  
French toast baked to perfection 🌿  
Sausage Patty  
Hashbrowns  
Applesauce  
Carrot Dippers



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

Cheeseburger  
burger topped with cheese on a freshly toasted bun  
Classic Beef Burger  
Crispy Potato Puffs

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

Pepperoni Pizza  
cheese pizza topped with pepperoni  
Classic Cheese Pizza 🌿 🌮



Buffalo Chicken Wrap  
warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato 🌮 🌿 🌮  
Fruity Parfait 🌿 🌮  
Uncrustable PB and Jelly Sandwich 🌮

Chicken Caesar Salad  
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌮 🌿 🌮  
Fruity Parfait 🌿 🌮  
Uncrustable PB and Jelly Sandwich 🌮

Buffalo Chicken Wrap  
warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato 🌮 🌿 🌮  
Fruity Parfait 🌿 🌮  
Uncrustable PB and Jelly Sandwich 🌮

Garden Salad Entree  
fresh garden salad topped with meat 🌮 🌿 🌮  
Fruity Parfait 🌿 🌮  
Uncrustable PB and Jelly Sandwich 🌮



Fresh Apple  
Fresh Orange  
Fresh Banana  
Baby Carrots  
Celery  
Cucumber Coins  
Grape Tomatoes  
Garden Salad

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Grape Tomatoes  
Garden Salad



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