

East Windsor Middle School

Welcome to our
Lunch Cafe

08/24/2026 - 08/28/2026



Monday

Tuesday

Wednesday

Thursday

Friday



Cheeseburger
burger topped with
cheese on a freshly
toasted bun
Homemade Lite
Veggie Pasta Salad
Carrot Dippers

Baked Chicken
Tenders
crispy chicken tenders
perfect for dipping in your
favorite sauce
Whole Wheat Dinner
Roll
Baked Potato
Wedges

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

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

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
Garden Salad

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

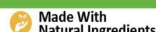
All Meals Are Served With Low-Fat Milk & Assorted Fruit and Vegetables



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.

WHITSON'S FAMILY OF COMPANIES WWW.WHITSONS.COM



East Windsor Middle School

Welcome to our
Lunch Cafe

08/31/2026 - 08/31/2026



Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed
Bread Sticks
*baked bread sticks filled
with melted cheese*
With Tomato Sauce
Dip
And Garden Salad



Crispy Chicken
Sandwich
*warm crispy breaded
chicken on a bun
prepared in-house*
With Crispy Potato
Puffs
*crisp potato puffs baked
to perfection*



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



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

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