

East Windsor High School

Welcome to our
Lunch Cafe

09/01/2026 - 09/04/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Buffalo Chicken Tenders
Buffalo chicken tenders with carrot and celery sticks
Whole Grain Biscuit
Sweet Corn

Homemade Spicy Pork Mac & Cheese
shredded pork mixed with hot sauce blended with pasta smothered in a creamy cheese sauce
Spiced Roasted Green Beans w/ Parmesan

French Toast
French toast baked to perfection
Crispy Turkey Sausage Links
Baked Potato Wedges

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



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

Pepperoni Pizza
cheese pizza topped with pepperoni
Classic Cheese Pizza

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

Pepperoni Pizza
cheese pizza topped with pepperoni
Classic Cheese Pizza



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

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

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



Turkey Sandwich
freshly made sandwich with thinly sliced turkey
Ham & Cheese Sandwich
Fruity Parfait
Uncrustable PB and Jelly Sandwich
Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons

Turkey Sandwich
freshly made sandwich with thinly sliced turkey
Ham & Cheese Sandwich
Fruity Parfait
Uncrustable PB and Jelly Sandwich
Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons

Turkey Sandwich
freshly made sandwich with thinly sliced turkey
Ham & Cheese Sandwich
Fruity Parfait
Uncrustable PB and Jelly Sandwich
Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons

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Uncrustable PB and Jelly Sandwich
Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons



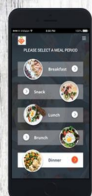
Fresh Apple
Fresh Orange
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

Fresh Apple
Fresh Orange
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

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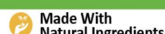
All Meals Are Served With Low-Fat Milk & Assorted Fruits & Vegetables



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East Windsor High School

Welcome to our
Lunch Cafe

09/07/2026 - 09/11/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Chicken and Waffles
crispy chicken placed on top of fluffy waffles
With Crispy Potato Puffs

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

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



Pepperoni Pizza
cheese pizza topped with pepperoni
Classic Cheese Pizza

Pepper and Onion Pizza
fresh pizza topped with peppers and onions
Classic Cheese Pizza

Pepperoni Pizza
cheese pizza topped with pepperoni
Classic Cheese Pizza

Bacon Pizza
pizza topped with crispy bacon
Classic Cheese Pizza



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
Garden Salad with Cheese Entree
fresh garden salad topped with cheese

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
spicy chicken on a bed of romaine lettuce with

Turkey Sandwich
freshly made sandwich with thinly sliced turkey
Ham & Cheese Sandwich
Fruity Parfait
Uncrustable PB and Jelly Sandwich
Garden Salad with Cheese Entree
fresh garden salad topped with cheese

Turkey Sandwich
freshly made sandwich with thinly sliced turkey
Ham & Cheese Sandwich
Fruity Parfait
Uncrustable PB and Jelly Sandwich
Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons



Fresh Apple
Fresh Orange
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

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Carrot Dippers
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Cucumber Coins
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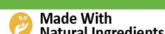
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East Windsor High School

Welcome to our
Lunch Cafe

09/14/2026 - 09/18/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Santa Fe Quesadilla
*juicy chicken, cheese,
roasted peppers and corn
inside a soft tortilla wrap
spread with salsa
prepared in-house* 🌱
With Yellow
Seasoned Rice
And Green Beans

Buffalo Chicken
Tenders
*Buffalo chicken tenders
with carrot and celery
sticks* 🌱
Whole Grain Biscuit
Sweet Corn

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

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



Pepper and Onion
Pizza
*fresh pizza topped with
peppers and onions* 🌱
Classic Cheese
Pizza 🌱 🌱

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

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

Buffalo Chicken
Pizza
*freshly prepared cheese
pizza topped with chicken
tossed in hot sauce* 🌱
Classic Cheese
Pizza 🌱 🌱

Pepperoni Pizza
*cheese pizza topped with
pepperoni*
Classic Cheese
Pizza 🌱 🌱



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

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

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* 🌱
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 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
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 🌱 🌱



Fresh Apple
Fresh Orange
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

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Carrot Dippers
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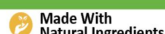
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East Windsor High School

Welcome to our
Lunch Cafe

09/21/2026 - 09/25/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Mozzarella Sticks
With Tomato Sauce
Dip
And Whole Wheat
Dinner Roll

Chili Stuffed Baked
Potato
Shredded Cheddar
Cheese
Bacon
Butter
Steamed Broccoli

**BIG EAST
WINDSOR**

BAKED POTATO!!

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



Pepper and Onion
Pizza
fresh pizza topped with
peppers and onions
Classic Cheese
Pizza

STATE FAIR DAY!!!

Pepperoni Pizza
cheese pizza topped with
pepperoni
Classic Cheese
Pizza

Bacon Pizza
pizza topped with crispy
bacon
Classic Cheese
Pizza

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



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

Chicken Corn Dog
juicy chicken hot dog
surrounded with a corn
dog crust
Or Pretzel
With Cheddar Cheese
Sauce

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



Fresh Apple
Fresh Orange
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

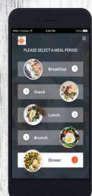
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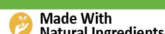
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East Windsor High School

Welcome to our
Lunch Cafe

09/28/2026 - 09/30/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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



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

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

Pepper and Onion
Pizza
fresh pizza topped with
peppers and onions 🍴
Classic Cheese
Pizza 🍴



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

Cheeseburger
burger topped with
cheese on a freshly
toasted bun

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



Turkey Sandwich
freshly made sandwich
with thinly sliced turkey
Ham & Cheese
Sandwich 🍴
Fruity Parfait 🍴
Uncrustable
Sandwich Lunch 🍴

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 🍴
Garden Salad with
Cheese Entree 🍴



Fresh Apple
Fresh Orange
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

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Garden Salad

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