

East Windsor Middle School

Welcome to our
Lunch Cafe

09/01/2026 - 09/04/2026

MEATLESS
MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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
Green Beans

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

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



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
Crispy Potato Puffs

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



Chicken and Cheese
Ranch Wrap
tender chicken and
melted cheese drizzled
with ranch dressed
wrapped in a tortilla
Fruity Parfait
Uncrustable PB and
Jelly Sandwich

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

BLT Wrap
freshly made wrap filled
with crispy bacon, lettuce,
tomato and cheese
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
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Garden Salad

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Baby Carrots
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Garden Salad

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Baby Carrots
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Garden Salad

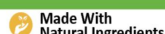
All Meals Are Served With Low-Fat Milk & Assorted Fruits & Vegetables



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www.FDMealPlanner.com or download
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the App Store or Google Play, and
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anywhere.

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East Windsor Middle School

Welcome to our
Lunch Cafe

09/07/2026 - 09/11/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy
🌱
With Whole Grain Biscuit

Homemade Mac & Cheese
pasta in cheese sauce, garnished with parsley
🌱 🌱
Mixed Vegetables

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

Chicken Bacon Ranch Pizza
fresh pizza topped with chicken and bacon, drizzled with ranch dressing 🌱
Classic Cheese Pizza 🌱 🌱

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

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

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

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 P 🌱
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

Turkey BLT Wrap
sliced turkey, bacon, lettuce, and tomato on a wrap P 🌱
Fruity Parfait 🌱 🌱
Uncrustable PB and Jelly Sandwich

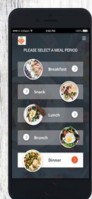
Fresh Apple
Fresh Orange
Fresh Banana
Baby Carrots
Celery
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Garden Salad

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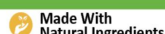
All Meals Are Served With Low-Fat Milk & Assorted Fruit and Vegetables



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East Windsor Middle School

Welcome to our
Lunch Cafe

09/14/2026 - 09/18/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

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 Beans

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

Incredibowls Fiesta
Chicken & Rice Bowl
seasoned rice topped with beans, chicken, corn and cheese 🌱 🌱



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

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
Or Classic Beef Burger
beef burger on a freshly toasted bun
All With Baked Potato Wedges

Bacon Pizza
pizza topped with crispy bacon P
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 🌱

Turkey BLT Wrap
sliced turkey, bacon, lettuce, and tomato on a wrap P 🌱 🌱
Fruity Parfait 🌱 🌱
Uncrustable PB and Jelly Sandwich 🌱

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



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Fresh Orange
Fresh Banana
Baby Carrots
Celery
Cucumber Coins
Garden Salad

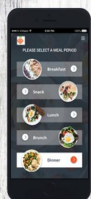
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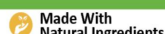
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East Windsor Middle School

Welcome to our
Lunch Cafe

09/21/2026 - 09/25/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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

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

Chili Stuffed Baked Potato
Shredded Cheddar Cheese
Sour Cream
Butter
Bacon

STATE FAIR DAY!!!



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

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

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

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

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

STATE FAIR DAY!!!



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

Turkey BLT Wrap
sliced turkey, bacon, lettuce, and tomato on 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



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Fresh Orange
Fresh Banana
Baby Carrots
Celery
Cucumber Coins
Garden Salad

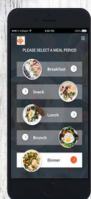
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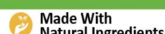
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East Windsor Middle School

Welcome to our
Lunch Cafe

09/28/2026 - 09/30/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
With Tomato Sauce Dip

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

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



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

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

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



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

Garden Salad Entree
fresh garden salad topped with meat
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

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Garden Salad

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