

East Windsor High School

Welcome to our
Lunch Cafe

10/01/2026 - 10/02/2026



Monday

Tuesday

Wednesday

Thursday

Friday



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

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



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 🌱 🌻 🌻



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,

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,



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

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

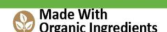
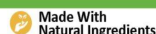
All Meals Are Served With Low-Fat Milk & Assorted Fruits & Vegetables



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East Windsor High School

Welcome to our
Lunch Cafe

10/05/2026 - 10/09/2026



Monday

Tuesday

Wednesday

Thursday

Friday



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

Chicken & Cheese Quesadilla
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese 🌱
Cheese Quesadilla 🌱
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 🌱



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 🌱 🌻 🍷

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 🌱 🌻 🍷



Grilled Cheese Sandwich Melt-down 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
fresh garden salad topped with baked crispy

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

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,



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

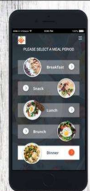
Fresh Apple 🍏
Fresh Orange 🍊
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

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Fresh Orange 🍊
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

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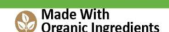
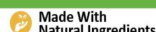
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East Windsor High School

Welcome to our
Lunch Cafe

10/12/2026 - 10/16/2026

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



Nachos Grande
tortilla chips topped with
freshly prepared mexi
style meat and cheese
🌮🌮🌮
Or Nachos with
Cheese 🌱🌮
Sour Cream
Mild Salsa

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

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

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 🌱🌮🌮



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 🌮🌮
Un crustable 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 🌮🌮
Un crustable PB and
Jelly Sandwich
Garden Salad with
Cheese Entree 🌮
🌮

Turkey Sandwich
freshly made sandwich
with thinly sliced turkey
Ham & Cheese
Sandwich P
Fruity Parfait 🌮🌮
Un crustable PB and
Jelly Sandwich
Crispy Chicken
Garden Salad 🌮🌮

Turkey Sandwich
freshly made sandwich
with thinly sliced turkey
Ham & Cheese
Sandwich P
Fruity Parfait 🌮🌮
Un crustable PB and
Jelly Sandwich
Garden Salad with
Cheese Entree 🌮
🌮



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

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

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

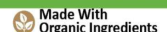
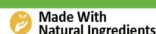
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East Windsor High School

Welcome to our
Lunch Cafe

10/19/2026 - 10/23/2026



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

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

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

Bacon Pizza
pizza topped with crispy
bacon
Classic Cheese
Pizza

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 Meltedown
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 Meltedown
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

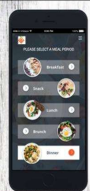
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Fresh Orange
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

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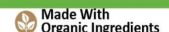
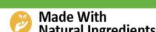
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East Windsor High School

Welcome to our
Lunch Cafe

10/26/2026 - 10/30/2026



Monday

Tuesday

Wednesday

Thursday

Friday



Searched 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

Buffalo Chicken Mac
& Cheese
pasta in cheese sauce,
topped with buffalo style
chicken 🍗
Steamed Broccoli

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

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

Pumpkin Cookie
Treat!



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 🍷 P
Classic Cheese
Pizza 🍕 🍷 🍕

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 🍕

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

Pumpkin Cookie
Treat!



Grilled Cheese
Sandwich Meltedown
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 🍷

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 🍷

Pumpkin Cookie
Treat!



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

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 🍷
Garden Salad with
Cheese Entree 🍷

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 🍷
Garden Salad with
Pumpkin Cookie
Treat! 🍷



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

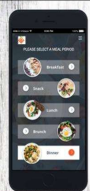
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Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

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