

East Windsor Middle School

Welcome to our
Lunch Cafe

10/01/2026 - 10/02/2026

MEATLESS
MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken & Cheese Quesadilla
hand crafted grilled flour tortilla filled with juicy chicken and melty cheese
Or Cheese Quesadilla
With Sweet Corn Black Beans

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

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
Crispy Potato Puffs

BLT Wrap
freshly made wrap filled with crispy bacon, lettuce, tomato and cheese
Fruity Parfait
Un crustable PB and Jelly Sandwich

Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg
Fruity Parfait
Un crustable 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

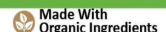
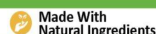
All Meals Are Served With Low-Fat Milk & Assorted Fruits & Vegetables



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.

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East Windsor Middle 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* 🌱
With Tomato Sauce
Dip
Crispy Potato Puffs 🌻

Pasta with Meat
Sauce
*freshly cooked pasta with
meat sauce* 🌱 🌻
Pasta with Sauce 🌱
Steamed Broccoli 🌻

Baked Chicken
Tenders
*crispy chicken tenders
perfect for dipping in your
favorite sauce*
Whole Wheat Dinner
Roll 🌻
Mixed Vegetables 🌱

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

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



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

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* 🌱
Tomato Soup

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* 🌻



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

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



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

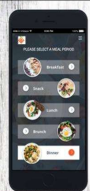
Fresh Apple
Fresh Orange 🍊
Fresh Banana 🍌
Baby Carrots
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Garden Salad

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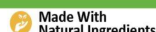
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East Windsor Middle School

Welcome to our
Lunch Cafe

10/12/2026 - 10/16/2026

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



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 🥒
Baked Potato Wedges 🌻

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 🌻
Mild Salsa
Sour Cream

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 🌻
Classic Cheese Pizza 🌻

Beef Hot Dog on Bun
juicy beef hot dog on a soft bun 🌻

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

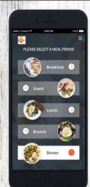
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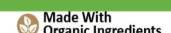
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East Windsor Middle School

Welcome to our
Lunch Cafe

10/19/2026 - 10/23/2026



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
Crispy Potato Puffs 🌻

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 🌻



Spicy Chicken Sandwich
warm spicy chicken breaded cutlet prepared in-house
With Crispy Potato Puffs 🌻

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

Crispy Chicken Sandwich
warm crispy breaded chicken on a bun prepared in-house 🌻



Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌻 🌻
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 Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing 🌻 🌻
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



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

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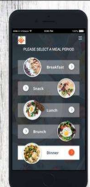
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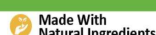
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East Windsor Middle School

Welcome to our
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10/26/2026 - 10/30/2026



Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese ✓
With Tomato Sauce Dip
Crispy Potato Puffs 🌻

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
Chickpea Salad 🌻

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

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

Pumpkin Cookie Treat!



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 🌻

Grilled Cheese Sandwich Meltdown Café
golden toasted bread with melted gooey cheese pressed and prepared in-house ✓
Baked Potato Wedges 🌻

Cheeseburger burger topped with cheese on a freshly toasted bun 🌻
Classic Beef Burger 🌻

Pumpkin Cookie Treat!



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

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

Chicken Caesar Salad
fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌻
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

Pumpkin Cookie Treat!



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Fresh Orange 🍊
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