

East Windsor High School

Welcome to our
Lunch Cafe

11/02/2026 - 11/06/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Pasta with Meat Sauce
freshly cooked pasta with meat sauce 🍖 🍝
Whole Wheat Dinner Roll 🍞
Steamed Broccoli 🥦

BLT Burger
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun 🍔
Crispy Potato Puffs 🍟

Chicken and Waffles
crispy chicken placed on top of fluffy waffles
Baked Potato Wedges 🍟

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



Pepperoni Pizza
cheese pizza topped with pepperoni 🍕 🍖
Classic Cheese Pizza 🌿 🌽 🍕

Pepperoni Pizza
cheese pizza topped with pepperoni 🍕 🍖
Classic Cheese Pizza 🌿 🌽 🍕

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 🌿 🌽 🍕



Pretzel
With Cheese Sauce

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 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,

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,

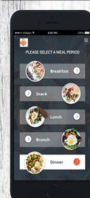
Turkey Sandwich
freshly made sandwich with thinly sliced turkey Ham & Cheese Sandwich 🍔
Fruity Parfait 🍓 🍓
Uncrustable PB and Jelly Sandwich
Chicken Caesar Salad
fresh romaine topped with parmesan cheese,



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

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

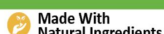
All Meals Are Served With Low-Fat Milk & Assorted Fruits & Vegetables



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East Windsor High School

Welcome to our
Lunch Cafe

11/09/2026 - 11/13/2026

MEATLESS MONDAY

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

French Toast
French toast baked to perfection 🌱
Sausage Patty 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 🌻

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



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 🌱🍷

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 🌱🍷

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 🍌

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

Cheeseburger
burger topped with cheese on a freshly toasted bun 🍌

Pretzel With Cheese Sauce

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
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

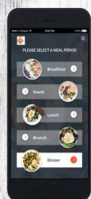
Fresh Apple 🍏
Fresh Orange 🍊
Carrot Dippers
Celery Sticks
Cucumber Coins
Garden Salad

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

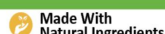
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East Windsor High School

Welcome to our
Lunch Cafe

11/16/2026 - 11/20/2026

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 🌻

Roasted Turkey with
Gravy
*oven roasted turkey
breast smothered with
gravy*
Mashed Potatoes
Green Beans
Whole Wheat Dinner
Roll 🌻
Homemade Muffins
**Turkey Shaped
Cookie!**

Baked Chicken
Tenders
*crispy chicken tenders
perfect for dipping in your
favorite sauce*
Mashed Potatoes
Sweet Corn
Whole Grain Biscuit

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 🌱 🍖

Classic Cheese
Pizza
*whole grain pizza crust
topped with rich tomato
sauce and melted
mozzarella cheese* 🌱
Pepperoni Pizza 🌱 🍖
**Turkey Shaped
Cookie!**

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

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 🌱 🌱



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 Shaped
Cookie!**

Cheeseburger
*burger topped with
cheese on a freshly
toasted bun* 🍖

Pretzel
With Cheese Sauce

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
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
Salad 🌱
**Turkey Shaped
Cookie!**

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

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

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

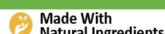
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East Windsor High School

Welcome to our
Lunch Cafe

11/23/2026 - 11/27/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Mozzarella Sticks 🌱
With Tomato Sauce
Dip
And Whole Wheat
Dinner Roll 🌻

Pumpkin Turkey Chili
*traditional chili with a
pumpkin twist* 🌻 🌱
Whole Grain Biscuit
Green Beans
Shredded Cheddar
Cheese
Butter



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

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* 🍌

Cheeseburger
*burger topped with
cheese on a freshly
toasted bun* 🍌



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 🌱 🌻



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

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

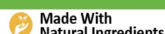
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East Windsor High School

Welcome to our
Lunch Cafe

11/30/2026 - 11/30/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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



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



Pretzel
Cheese Sauce

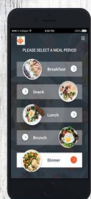


Turkey Sandwich
freshly made sandwich
with thinly sliced turkey
Ham & Cheese
Sandwich 🍷
Fruity Parfait 🍌
Uncrustable
Sandwich Lunch 🌱



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

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