

East Windsor Middle School

Welcome to our
Lunch Cafe

11/02/2026 - 11/06/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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

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

Cheeseburger
*burger topped with
cheese on a freshly
toasted bun 🍌*
Or Classic Beef
Burger 🍌

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



Pepperoni Pizza 🍌

Pepperoni Pizza 🍌



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

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



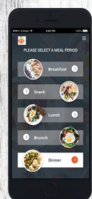
Fresh Apple 🍏
Fresh Orange 🍊
Fresh Banana 🍌
Baby Carrots
Celery
Cucumber Coins
Garden Salad

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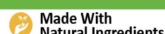
All Meals Are Served With Low-Fat Milk & Assorted Fruits & Vegetables



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East Windsor Middle 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 🌱
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 🌱
Baked Potato Wedges 🌱

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 🍖

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

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 🍖 🌱

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



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

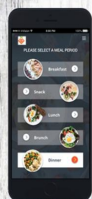
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Baby Carrots
Celery
Cucumber Coins
Garden Salad

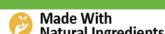
All Meals Are Served With Low-Fat Milk & Assorted Fruit and Vegetables



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East Windsor Middle School

Welcome to our
Lunch Cafe

11/16/2026 - 11/20/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



French Toast
French toast baked to perfection 🌱
Sausage Patty
Crispy Potato Puffs
Syrup

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

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

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

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

Turkey Shaped
Cookie!



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

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

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

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

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

Pepperoni Pizza

Pepperoni Pizza

Turkey Shaped
Cookie!

Pepperoni Pizza



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

Or Honey Mustard
Chicken Wrap
freshly sliced chicken
strips arranged under
crisp lettuce and
tomatoes drizzled with
honey mustard dressing
in a soft tortilla wrap
Fruity Parfait
vanilla yogurt topped with
strawberries, blueberries,
and crunchy granola

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
Turkey Shaped
Cookie!

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

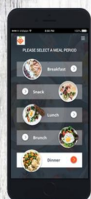
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Baby Carrots
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Garden Salad

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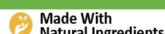
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East Windsor Middle School

Welcome to our
Lunch Cafe

11/23/2026 - 11/27/2026

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
Crispy Potato Puffs 🌻

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



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

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



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

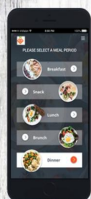
Buffalo Chicken Wrap
warm chicken marinated
in Buffalo sauce wrapped
in a tortilla with lettuce
and tomato 🌻
Fruity Parfait 🌻
Un crustable PB and
Jelly Sandwich 🌻



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

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

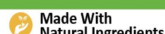
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East Windsor Middle School

Welcome to our
Lunch Cafe

11/30/2026 - 11/30/2026

MEATLESS
MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed
Bread Sticks
*baked bread sticks filled
with melted cheese* 🌱
With Tomato Sauce
Dip
Baked Potato
Wedges



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



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

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