

Windsor Locks Middle School

Welcome to our Lunch Cafe

4/1/2026 - 4/3/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



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

Honeyfire Kitchen
Chicken Sandwich
freshly prepared chicken drizzled with honey fire sauce
Oven Baked Fries
crispy fries baked to perfection
Diced Peaches

SCHOOL CLOSED TODAY



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

Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese

Available Daily: Hamburgers, Cheeseburgers, and Chicken Patties Sandwiches



Bianco Pizza
pizza dough brushed with garlic and oil, topped with basil and mozzarella and ricotta cheeses 🌿 🌮

Fresh Basil & Red Pepper Pizza
freshly prepared pizza dough lightly brushed with garlic and oil topped with melted mozzarella cheese, roasted peppers and fresh basil 🌿 🌮

SCHOOL CLOSED TODAY

Available Daily: Cheese Pizza and Pepperoni Pizza, all featuring whole grain rich pizza dough

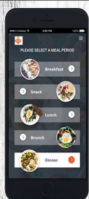


Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🌮

The Harvest Classic
freshly prepared tortilla wrap with thinly sliced ham, mozzarella cheese, tossed greens and juicy tomatoes P 🌮

SCHOOL CLOSED TODAY

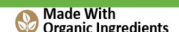
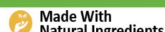
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along



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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Windsor Locks Middle School

Welcome to our Lunch Cafe

4/6/2026 - 4/10/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce 🌱
Green Bean Salad

Bun Appetit Chicken Biscuit Sandwich
warm biscuit topped with crispy chicken and creamy gravy 🍷
Cajun Maple Carrots
Fresh Pear

Chicken Fajita Wrap
freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese 🍷
Pico De Gallo

Homemade Chili
hearty chili with tomatoes, spicy peppers and beans topped with cheddar cheese 🍷 🌱
Whole Grain Biscuit
Lemon Marinated Carrots

Seared Dumplings
stuffed dumplings perfect for dipping in your favorite Asian sauce 🍷
Steamed Broccoli



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

Smokehouse Burger
burger on a freshly toasted bun with BBQ sauce 🍷

Spicy Cheddar Burger
grilled spicy beef patty topped with cheddar cheese with lettuce and tomato 🍷

Spicy Chicken Melt
Meltdown Café
moist spicy chicken topped with melted cheese inside a warm bread

Fish and Chips
crispy breaded fish with a side of baked fried

Available Daily: Hamburgers, Cheeseburgers, and Chicken Patties Sandwiches



Pepperoni Pizza
cheese pizza topped with pepperoni
Classic Cheese Pizza 🌱 🍷

Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball
P 🍷

Macho Taco Pizza
homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🍷

BBQ Chicken Pizza
cheesy pizza topped with BBQ chicken

Sausage Pizza
traditional pizza slice topped with sausage

FUEL

Available Daily: Cheese Pizza and Pepperoni Pizza, all featuring whole grain rich pizza dough



American Combo Sandwich
freshly made sandwich with thinly sliced turkey, ham and cheese P

Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato P 🍷

Turkey Pesto Panini
turkey breast with cheddar cheese, pesto mayo and fire roasted peppers on a panini 🍷

Chicken Caesar Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing

Egg Salad Sandwich
freshly made sandwich with house prepared egg salad 🌱

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Windsor Locks Middle School

Welcome to our Lunch Cafe

4/13/2026 - 4/17/2026

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



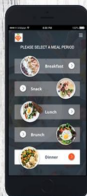
**SPRING
BREAK!
SCHOOL
CLOSED**

Available Daily: Hamburgers, Cheeseburgers, and Chicken Patties Sandwiches



Available Daily: Cheese Pizza and Pepperoni Pizza, all featuring whole grain rich pizza dough

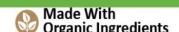
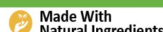
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Windsor Locks Middle School

Welcome to our Lunch Cafe

4/20/2026 - 4/24/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Chicken & Broccoli Alfredo
grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta 🍴
Caesar Salad
Fresh Apple

Fluffy Whole Grain Waffles
warm whole grain waffles 🌱
Sausage Patty
Hash Brown
Potatoes

Chili Stuffed Baked Potato 🍴
Lemon Marinated Carrots
Fresh Banana

Chicken Parmesan Sandwich
chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll
Oven Baked Fries
Fresh Pear

Cheese Pizza
fresh pizza dough layered with tomato sauce, topped with cheese and baked until crisp 🌱
Pinto Bean Confetti Salad



Pepperoni & Cheese Melt
Meltdown Café pepperoni and melted mozzarella on grilled bread

Philly Cheese Steak
thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house 🍴

Smokehouse Burger
burger on a freshly toasted bun with BBQ sauce 🍴

Spicy Chicken Melt
Meltdown Café moist spicy chicken topped with melted cheese inside a warm bread

BLT Burger
freshly prepared burger topped with crispy bacon, lettuce, tomato and mayo on a freshly toasted bun 🍴

Available Daily: Hamburgers, Cheeseburgers, and Chicken Patties Sandwiches



Homemade three Cheese Calzone
calzone stuffed with three delicious melted cheeses 🌱

Bacon Pizza
pizza topped with crispy bacon P

Sausage Pizza
traditional pizza slice topped with sausage

BBQ Chicken Pizza
cheesy pizza topped with BBQ chicken

Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball P

Available Daily: Cheese Pizza and Pepperoni Pizza, all featuring whole grain rich pizza dough



Chicken Salad Wrap
chunks of white meat chicken seasoned and mixed with mayo in a fresh wrap 🍴

Italian Combo Sandwich
freshly sliced cured meat and cheese on a roll topped with crisp lettuce and tomato P

Chicken Caesar Wrap
freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing

Turkey Club Wrap
turkey breast, bacon, chopped romaine lettuce and tomato, wrapped in a tortilla 🍴

Tuna Salad Melt
tuna salad with melted cheese on a bun 🍴

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Windsor Locks Middle School

Welcome to our Lunch Cafe

4/27/2026 - 4/30/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Caesar Salad
Fresh Orange

Crispy Chicken Drumstick
tender chicken drumstick breaded and baked until crispy
Mashed Potatoes
Lemon Marinated Carrots
Fresh Orange

Homemade Spicy Pork Mac & Cheese
shredded pork mixed with hot sauce blended with pasta smothered in a creamy cheese sauce
Buffalo Chicken Mac & Cheese
Oven Baked Fries
Fresh Orange

Yard Bird Classic Chicken Sandwich
a delicious chicken filet on a hearty bun, served with special sauce and a pickle
Glazed Carrots
Fresh Orange



English Cheddar Burger
freshly grilled burger topped with cheddar cheese, sautéed onions, crisp lettuce and tomatoes on a bun

Chicken Corn Dog
juicy chicken hot dog surrounded with a corn dog crust

Santa Fe Quesadilla
juicy chicken, cheese, roasted peppers and corn inside a soft tortilla wrap spread with salsa prepared in-house

Buffalo Chicken Wrap
warm chicken marinated in Buffalo sauce wrapped in a tortilla with lettuce and tomato

Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken



Hand Crafted Three Cheese Pizza
fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses

Meat Lovers Pizza
freshly made pizza topped with mozzarella cheese, sausage, pepperoni and meatball

Pizza Bagel
melted cheese and tomato sauce on a toasted bagel, baked to perfection

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

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough



Monte Cristo Style Wrap

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

Chicken Club Sandwich
hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes

Chicken Gyro
gyro chicken meat served with lettuce and tomatoes topped with yogurt sauce

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along



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