

Windsor Locks Middle School

Welcome to our Lunch Cafe

6/1/2026 - 6/5/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce ✓
Roasted Lemon
Parmesan Broccoli

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🌱
Fiesta Corn

Baked Chicken
Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Steamed Carrots
Mashed Potatoes
Brown Gravy

Nashville Hot Kickin'
Chicken Sandwich
freshly prepared chicken drizzled with hot sauce, topped with coleslaw and pickled chips 🌱
Garden Salad

Chicken Fajita Wrap
seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla prepared in-house 🌱



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

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

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

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

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

Available Daily: Hamburgers, Cheeseburgers, and Chicken Patties Sandwiches



Pepperoni Pizza
cheese pizza topped with pepperoni

Meat Lovers Pizza
fresh pizza topped with sausage, meatballs and pepperoni

Bacon Pizza
pizza topped with crispy bacon P

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

Buffalo Chicken
Pizza
buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough

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

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

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

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

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

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

6/8/2026 - 6/12/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese

Roasted Broccoli

Pasta, Pasta, Pasta
pasta with the sauce of your choice: Alfredo, marinara or bolognese

Homemade Garlic Bread

Spiced Roasted Green Beans w/ Parmesan

Buffalo Chicken Dip
chicken mixed with hot sauce, cream cheese, ranch dressing and sprinkled cheddar cheese on top

Celery & Carrot Sticks w/ Low Fat Dressing

Incredibowls Fiesta
Chicken & Rice Bowl
seasoned rice topped with beans, chicken, corn and cheese

Fiesta Corn

Chicken and Waffles
crispy chicken placed on top of fluffy waffles

Cajun Maple Carrots



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

Egg and Cheese Sandwich
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese

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

Buffalo Chicken Sandwich
warm sandwich prepared in-house with spicy marinated chicken breast, crisp lettuce and sliced tomato

Cheeseburger
burger topped with cheese on a freshly toasted bun

Available Daily: Hamburgers, Cheeseburgers, and Chicken Patties Sandwiches



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

Pepperoni Pizza
cheese pizza topped with pepperoni

Bacon Pizza
pizza topped with crispy bacon

Pepperoni Pizza
cheese pizza topped with pepperoni

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

FUEL

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



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

Sandwich Turkey Club

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

Tuna Salad Sandwich
freshly made sandwich topped with creamy tuna salad

Tuna Salad Sandwich
freshly made sandwich topped with creamy tuna salad

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



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Windsor Locks Middle School

Welcome to our Lunch Cafe

6/15/2026 - 6/19/2026



Monday

Tuesday

Wednesday

Thursday

Friday



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

Carnival Day!

Tot Spot's Loaded Tater Tots
crispy tater tots topped with creamy cheese sauce and bacon with a sour cream and scallion garnish 🌱
Dinner Rolls



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 P

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

Available Daily: Hamburgers, Cheeseburgers, and Chicken Patties Sandwiches



Pepperoni Pizza
cheese pizza topped with pepperoni



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



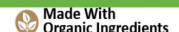
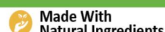
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along



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Windsor Locks Middle School

Welcome to our Lunch Cafe

6/22/2026 - 6/26/2026



Monday

Tuesday

Wednesday

Thursday

Friday



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



Lemon Marinated Carrots
Fresh Banana

Wing Shack Classic Buffalo Chicken Wings
an American classic,
tossed in spicy buffalo sauce

Wing Shack Honeyfire Kitchen Chicken Wings
Celery & Carrot Sticks w/ Low Fat Dressing
Fresh Pear

Beef Hot Dog on Bun
juicy beef hot dog on a soft bun
Or Cheeseburger All With Homemade Grandma Style Potato Salad
Diced Peaches



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



Bacon Pizza
pizza topped with crispy bacon

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

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



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

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

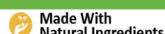
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Windsor Locks Middle School

*Welcome to our
Lunch Cafe*

6/29/2026 - 6/30/2026



Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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



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