

Windsor Locks High 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 ✓
With Tomato Sauce Dip
Steamed Carrots
Grape Tomato

Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
With Whole Wheat Dinner Roll
Oven Baked Fries

Meatball Hero
freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella
Garden Salad

Whole Grain Waffles with Sausage
light and crispy waffles served with a sausage patty
Syrup
Tomato Salad

Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell
With Mild Salsa And Sour Cream
Sriracha Garbanzo Beans

Available Daily: Chicken Caesar Salad or Fruit & Yogurt Parfait. HOT VEGETABLE AVAILABLE WITH ALL MEALS.



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

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

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Available Daily: Assorted Boars Head Meats and Assorted Cheeses along with Assorted Fresh Toppings.



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

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

Available Daily: Hamburgers, Cheeseburgers, Chicken & Spicy Chicken Patty Sandwiches.



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

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fresh pizza topped with sausage, meatballs and pepperoni

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fresh pizza topped with sausage, meatballs and pepperoni

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

Available Daily: Fresh & Cupped Assorted Fruits & Vegetables on our Healthy Harvest Bar.

Available Daily: Cheese & Pepperoni Pizza all featuring whole grain rich pizza dough.



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 High 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 🌱
With Tomato Sauce Dip
Roasted Broccoli

Baked Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
With Whole Wheat Dinner Roll
Cajun Maple Carrots

French Toast
French toast baked to perfection 🌱
With Syrup
Hashbrowns
Grape Tomato

Pasta with Meat Sauce
freshly cooked pasta with meat sauce 🍷
Spiced Roasted Green Beans w/ Parmesan

Tot Spot's Buffalo Chicken Tater Tots
crispy tater tots topped with buffalo chicken and drizzled with ranch dressing and scallion garnish 🍷
With Dinner Rolls
Garbanzo Beans

Available Daily: Chicken Caesar Salad or Fruit & Yogurt Parfait. HOT VEGETABLE AVAILABLE WITH ALL MEALS.



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

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

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

Available Daily: Assorted Boars Head Meats and Assorted Cheeses along with Assorted Fresh Toppings.



Balsamic Grilled Chicken Panini
marinated chicken breast and mozzarella cheese with a balsamic glaze on a panini

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marinated chicken breast and mozzarella cheese with a balsamic glaze on a panini

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marinated chicken breast and mozzarella cheese with a balsamic glaze on a panini

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marinated chicken breast and mozzarella cheese with a balsamic glaze on a panini

Balsamic Grilled Chicken Panini
marinated chicken breast and mozzarella cheese with a balsamic glaze on a panini

Available Daily: Hamburgers, Cheeseburgers, Chicken & Spicy Chicken Patty Sandwiches.



BBQ Chicken Pizza
cheesy pizza topped with BBQ chicken

BBQ Chicken Pizza
cheesy pizza topped with BBQ chicken

BBQ Chicken Pizza
cheesy pizza topped with BBQ chicken

BBQ Chicken Pizza
cheesy pizza topped with BBQ chicken

BBQ Chicken Pizza
cheesy pizza topped with BBQ chicken

Available Daily: Fresh & Cupped Assorted Fruits & Vegetables on our Healthy Harvest Bar.

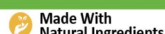
Available Daily: Cheese & Pepperoni Pizza all featuring whole grain-rich dough.



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Windsor Locks High School

Welcome to our Lunch Cafe

6/15/2026 - 6/19/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Available Daily: Chicken Caesar Salad or Fruit and Yogurt Parfait. HOT VEGETABLE AVAILABLE WITH ALL MEALS.



Available Daily: Assorted Boars Head meats and cheeses along with Assorted Fresh Toppings.

Cheeseburger
Or Classic Beef
Burger
Or Crispy Chicken
Sandwich
Or Spicy Chicken
Sandwich

Cheeseburger
Or Classic Beef
Burger
Or Crispy Chicken
Sandwich
Or Spicy Chicken
Sandwich

Cheeseburger
Or Classic Beef
Burger
Or Crispy Chicken
Sandwich
Or Spicy Chicken
Sandwich



Available Daily: Hamburgers, Cheeseburgers Chicken & Spicy Chicken Patty Sandwiches.

Classic Cheese
Pizza
Or Pepperoni Pizza

Classic Cheese
Pizza
Or Pepperoni Pizza

Classic Cheese
Pizza
Or Pepperoni Pizza



Available Daily: Fresh & Cupped Assorted Fruits & Vegetables on our Healthy Harvest Bar.

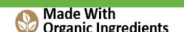
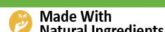
Available Daily: Cheese Pizza and Pepperoni Pizza all featuring whole grain-rich pizza dough.



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Windsor Locks High School

*Welcome to our
Lunch Cafe*

6/22/2026 - 6/26/2026



Monday

Tuesday

Wednesday

Thursday

Friday



Available Daily: Chicken Caesar Salad & Fruit and Yogurt w/ Parfait. HOT VEGETABLE AVAILABLE WITH ALL MEALS.



Available Daily: Assorted Boars Head Meats and Cheeses along with Assorted Fresh Toppings.



Available Daily: Hamburgers, Cheeseburgers, Chicken & Spicy Chicken Patty Sandwiches.



Available Daily: Fresh & Cupped Assorted Fruits & Vegetables on our Healthy Harvest Bar.

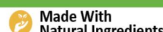
Available Daily: Cheese Pizza and Pepperoni Pizza all featuring whole grain-rich pizza dough.



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Windsor Locks High School

Welcome to our
Lunch Cafe

6/29/2026 - 6/30/2026



Monday

Tuesday

Wednesday

Thursday

Friday



Available Daily: Chicken Caesar Salad or Fruit & Yogurt Parfait. HOT VEGETABLE AVAILABLE WITH ALL MEALS.



Available Daily: Assorted Boars Head Meats & Cheese Along with Assorted Fresh Toppings.



Available Daily: Hamburgers, Cheeseburgers, Chicken & Spicy Chicken Patty Sandwiches.



Available Daily: Fresh & Cupped Assorted Fruits & Vegetables on our Healthy Harvest Bar.

Available Daily: Cheese Pizza & Pepperoni Pizza all featuring whole grain-rich pizza dough.



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