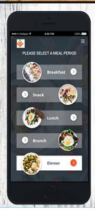
Windsor Locks High School

Welcome to our Lunch Cafe

08/27/2026 - 08/28/2026

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market				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* Whole Grain Dinner Roll Oven Baked Fries
	AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				
Great American Sandwich Co.				Ham & Cheese Panini *thinly sliced ham and melted cheese on panini bread served hot and toasty* (P)	Buffalo Chicken Panini *buffalo chicken with lettuce and tomato on a panini*
	AVAILABLE DAILY: MADE TO ORDER SANDWICHES.				
Miss Ruby's Grill				Bacon Cheeseburger *burger topped with cheese and bacon on a freshly toasted bun*	Smokehouse Burger *burger on a freshly toasted bun with BBQ sauce*
	AVAILABLE DAILY: HAMBURGERS, CHEESEBURGERS, CHICKEN PATTY, SPICY CHICKEN PATTY SANDWICHES.				
La Cucina				Homemade Meatball Stromboli *freshly prepared dough lightly brushed with garlic and oil, rolled with low-fat cheese, meatball slices, basil and oregano*	Broccoli Pizza *cheese pizza topped with broccoli*
	AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.				
Healthy Harvest Real Meals Express				Fresh Apple Fresh Banana Fresh Orange Fresh Pear Black Beans Broccoli Bites Fresh Baby Carrots Cucumber Coins Cherry Tomatoes Garden Salad	Fresh Apple Fresh Banana Fresh Orange Fresh Pear Black Beans Broccoli Bites Fresh Baby Carrots Cucumber Coins Cherry Tomatoes Garden Salad
	AVAILABLE DAILY: CAESAR SALAD, GARDEN SALAD, YOGURT PARFAIT, ASSORTED FRUITS & VEGETABLES.				



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.

WHITSONS FAMILY OF COMPANIES WWW.WHITSONS.COM

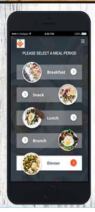
Vegetarian | Made With Natural Ingredients | (P) Pork | Smart Choice | Made With Organic Ingredients

Windsor Locks High School

Welcome to our Lunch Cafe

08/31/2026 - 08/31/2026

	Monday (Meatless Monday)	Tuesday	Wednesday	Thursday	Friday
World Market	Homemade Mac & Cheese *pasta in cheese sauce, garnished with parsley* Steamed Carrots Melted Mac Factory				
	AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				
Great American Sandwich Co.	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*				
	AVAILABLE DAILY: MADE TO ORDER SANDWICHES.				
Miss Ruby's Grill	English Cheddar Burger *freshly grilled burger topped with cheddar cheese, sautéed onions, crisp lettuce and tomatoes on a bun*				
	AVAILABLE DAILY: HAMBURGERS, CHEESEBURGERS, CHICKEN PATTY, SPICY CHICKEN PATTY SANDWICHES.				
La Cucina	Bacon Pizza *pizza topped with crispy bacon*				
	AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.				
Healthy Harvest Real Meals™ Express	Fresh Apple Fresh Banana Fresh Orange Fresh Pear Black Beans Broccoli Bites Fresh Baby Carrots Cucumber Coins Cherry Tomatoes Garden Salad				
	AVAILABLE DAILY: CAESAR SALAD, GARDEN SALAD, YOGURT PARFAIT, ASSORTED FRUITS & VEGETABLES.				



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