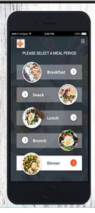
# Windsor Locks Middle School

Welcome to our Lunch Cafe

08/27/2026 - 08/28/2026

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| World Market | | | | Nachos Grande<br>*tortilla chips topped with freshly prepared mexi style meat and cheese*<br>Fiesta Corn | Baked Chicken Tenders<br>*crispy chicken tenders perfect for dipping in your favorite sauce*<br>With Whole Grain Dinner Roll<br>Oven Baked Fries |
| | **AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.** | | | | |
| Miss Ruby's Grill | | | | Bacon Cheeseburger<br>*burger topped with cheese and bacon on a freshly toasted bun* | Smokehouse Burger<br>*burger on a freshly toasted bun with BBQ sauce* |
| | **AVAILABLE DAILY: HAMBURGERS, CHEESEBURGERS, CHICKEN PATTY, SPICY CHICKEN PATTY SANDWICHES.** | | | | |
| La Cucina | | | | Classic Cheese Pizza<br>*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*<br>Pepperoni Pizza | Classic Cheese Pizza<br>*whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*<br>Pepperoni Pizza |
| | **AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.** | | | | |
| Great American Sandwich Co.<br>Real Meals Express | | | | | ***COMING SOON!*** |
| | **AVAILABLE DAILY: MADE TO ORDER SANDWICHES & SALADS.** | | | | |
| Healthy Harvest | | | | Fresh Apple<br>Fresh Banana<br>Fresh Orange<br>Broccoli Bites<br>Fresh Baby Carrots<br>Cucumber Coins<br>Cherry Tomatoes<br>Garden Salad | Fresh Apple<br>Fresh Banana<br>Fresh Orange<br>Broccoli Bites<br>Fresh Baby Carrots<br>Cucumber Coins<br>Cherry Tomatoes<br>Garden Salad |
| | **AVAILABLE DAILY: ASSORTED SEASONAL FRESH & CUPPED 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

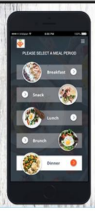
Vegetarian | Made With Natural Ingredients | Pork | Smart Choice | Made With Organic Ingredients

# Windsor Locks Middle School

*Welcome to our Lunch Cafe*

**08/31/2026 - 08/31/2026**

| | Monday (Meatless Monday) | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| World Market | Homemade Mac & Cheese<br>*pasta in cheese sauce, garnished with parsley*<br>Steamed Carrots | | | | |
| | **AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.** | | | | |
| Miss Ruby's Grill | English Cheddar Burger<br>*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 | Broccoli Pizza<br>*cheese pizza topped with broccoli* | | | | |
| | **AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.** | | | | |
| Great American Sandwich Co. / Real Meals Express | Tuna Salad Sandwich<br>*freshly made sandwich topped with creamy tuna salad* | | | | |
| | **AVAILABLE DAILY: MADE TO ORDER SANDWICHES & SALADS.** | | | | |
| Healthy Harvest | Fresh Apple<br>Fresh Banana<br>Fresh Orange<br>Broccoli Bites<br>Fresh Baby Carrots<br>Cucumber Coins<br>Cherry Tomatoes<br>Garden Salad | | | | |
| | **AVAILABLE DAILY: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.** | | | | |



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