

Windsor Locks High School

Welcome to our
Lunch Cafe

10/01/2026 - 10/02/2026

MEATLESS
MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Crispy Taco Shell
Spicy Beef 🌮🌶️
And Cheese Sauce



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 🌽



AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.



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

Sicilian Melt Panini
salami, ham, fresh
mozzarella and Swiss
cheese grilled on panini
bread P

AVAILABLE DAILY: MADE TO ORDER SANDWICHES.



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.



Meat Lovers Pizza
freshly made pizza
topped with mozzarella
cheese, sausage,
pepperoni and meatball
P 🌽🌶️
Classic Cheese
Pizza 🌶️🌽
Pepperoni Pizza 🌽

Hawaiian Pizza
ham and pineapple
chunks over a cheese
pizza slice 🌽🌶️
Classic Cheese
Pizza 🌶️🌽
Pepperoni Pizza 🌽

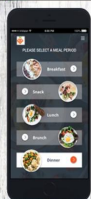
AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



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

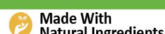
AVAILABLE DAILY: CAESAR SALAD, GARDEN SALAD, YOGURT PARFAIT, ASSORTED FRUITS & VEGETABLES.



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Windsor Locks High School

Welcome to our
Lunch Cafe

10/05/2026 - 10/09/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Homemade Mac & Cheese
pasta in cheese sauce,
garnished with parsley
🌱 🍷
Steamed Carrots

Cinnamon French
Toast Sticks
French toast sticks baked
to perfection 🌱
Sauteed Cinnamon
Apple Slices 🍏

Baked Chicken
Tenders
crispy chicken tenders
perfect for dipping in your
favorite sauce
Oven Baked Fries

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

Chicken Parmesan
Sandwich
chicken patty smothered
in tomato sauce, topped
with melted cheese
assembled in-house on a
roll 🍷
Green Beans

AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.



Tuna Salad
Sandwich
freshly made sandwich
topped with creamy tuna
salad 🍷 🍷

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

New Yorker Panini
turkey and cheddar
panini, pressed with spicy
brown mustard, tomatoes
and bacon 🍷 🍷



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

Buffalo Chicken
Panini
buffalo chicken with
lettuce and tomato on a
panini 🍷

AVAILABLE DAILY: MADE TO ORDER SANDWICHES.



Beef Hot Dog on Bun
juicy beef hot dog on a
soft bun 🍷

Pizza Burger
burger topped with pizza
sauce, mozzarella
cheese and romaine
lettuce on a bun 🍷 🍷

BBQ Chicken
Sandwich
warm baked chicken
smothered in BBQ sauce
on a bun and prepared
in-house

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.



Bacon Pizza
pizza topped with crispy
bacon 🌱 🌱

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

Chicken Bacon
Ranch Pizza
fresh pizza topped with
chicken and bacon,
drizzled with ranch
dressing 🌱 🍷 🌱
Classic Cheese
Pizza 🌱 🌱
Pepperoni Pizza 🌱

Meat Lovers Pizza
freshly made pizza
topped with mozzarella
cheese, sausage,
pepperoni and meatball
🍷 🍷
Classic Cheese
Pizza 🌱 🌱
Pepperoni Pizza 🌱

Hawaiian Pizza
ham and pineapple
chunks over a cheese
pizza slice 🌱 🍷 🌱
Classic Cheese
Pizza 🌱 🌱
Pepperoni Pizza 🌱

AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



Fresh Apple
Fresh Banana 🍌
Fresh Orange 🍊
Fresh Pear
Black Beans
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

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Fresh Banana 🍌
Fresh Orange 🍊
Fresh Pear
Black Beans
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

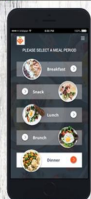
Fresh Apple
Fresh Banana 🍌
Fresh Orange 🍊
Fresh Pear
Black Beans
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

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Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

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Fresh Pear
Black Beans
Broccoli Bites
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Cucumber Coins
Cherry Tomatoes
Garden Salad



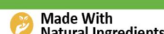
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Windsor Locks High School

Welcome to our
Lunch Cafe

10/12/2026 - 10/16/2026

Monday

Tuesday

Wednesday

Thursday

Friday



Sausage and Egg Sandwich
warm breakfast sandwich prepared in-house with fluffy eggs and savory sausage
With Crispy Potato Puffs
BRUNCH FOR LUNCH TODAY!
to perfection

Yard Bird Classic Chicken Sandwich
a delicious chicken filet on a hearty bun, served with special sauce and a pickle
And Oven Baked
YARD BIRD
The Original Chicken Sandwich

Soft Tacos
freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell
With Fiesta Corn And Black Beans

Honeyfire Kitchen Chicken Tenders
Honey fire kitchen chicken tenders with carrot and celery sticks

AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.



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

New Yorker Panini
turkey and cheddar panini, pressed with spicy brown mustard, tomatoes and bacon

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

Buffalo Chicken Panini
buffalo chicken with lettuce and tomato on a panini

AVAILABLE DAILY: MADE TO ORDER SANDWICHES.



Pizza Burger
burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a bun

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house

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.



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

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

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

Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice
Classic Cheese Pizza
Pepperoni Pizza

AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



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

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

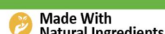
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Windsor Locks High School

Welcome to our
Lunch Cafe

10/19/2026 - 10/23/2026

MEATLESS MONDAY
Monday

Tuesday

Wednesday

Thursday

Friday



Cheesy Stuffed Bread Sticks
baked bread sticks filled with melted cheese 🌱
With Tomato Sauce Dip



Chicken and Waffles
crispy chicken placed on top of fluffy waffles
With Syrup



Chicken Bowl with Gravy
chicken layered with mashed potatoes and corn, smothered in gravy 🌱



Meatball Dunkers
meatballs with marinara dipping sauce
With WG Garlic Texas Toast 🌱 🌱

Chicken Corn Dog
juicy chicken hot dog surrounded with a corn dog crust
Oven Baked Fries 🌱

AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.



Tuna Salad Sandwich
freshly made sandwich topped with creamy tuna salad 🌱 🌱

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

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

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

Buffalo Chicken Panini
buffalo chicken with lettuce and tomato on a panini 🌱

AVAILABLE DAILY: MADE TO ORDER SANDWICHES.



Beef Hot Dog on Bun
juicy beef hot dog on a soft bun 🌱

Pizza Burger
burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a bun 🌱 🌱

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house

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.



Bacon Pizza
pizza topped with crispy bacon 🌱 P
Classic Cheese Pizza 🌱 🌱
Pepperoni Pizza 🌱

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

Chicken Bacon Ranch Pizza
fresh pizza topped with chicken and bacon, drizzled with ranch dressing 🌱 🌱 🌱
Classic Cheese Pizza 🌱 🌱
Pepperoni Pizza 🌱

Meat Lovers Pizza
fresh pizza topped with sausage, meatballs and pepperoni 🌱 🌱
Classic Cheese Pizza 🌱 🌱
Pepperoni Pizza 🌱

Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice 🌱 P 🌱
Classic Cheese Pizza 🌱 🌱
Pepperoni Pizza 🌱

AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



LOCAL
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

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Fresh Banana 🌱
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Garden Salad

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Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

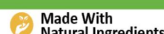
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Windsor Locks High School

Welcome to our
Lunch Cafe

10/26/2026 - 10/30/2026

Monday

Tuesday

Wednesday

Thursday

Friday



Grilled Cheese Sandwich Meltdown Café
golden toasted bread with melted gooey cheese pressed and prepared in-house
Tomato Soup



Cinnamon French Toast Sticks
French toast sticks baked to perfection
With Syrup
Sautéed Cinnamon Apple Slices



Baked Potato Bar
a fluffy baked potato layered with toppings of your choice
And Steamed Broccoli

Wing Shack Garlic Parmesan Chicken Wings
Wing Shack Honey BBQ Chicken Wings
Wing Shack Classic Buffalo Chicken Wings
Sweet Potato Fries

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

AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.



Tuna Salad Sandwich
freshly made sandwich topped with creamy tuna salad

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

Chicken Caesar Sandwich
crispy chicken patty with fresh lettuce, tomato and Caesar dressing on a roll

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

Buffalo Chicken Panini
buffalo chicken with lettuce and tomato on a panini

AVAILABLE DAILY: MADE TO ORDER SANDWICHES.



Beef Hot Dog on Bun
juicy beef hot dog on a soft bun

Pizza Burger
burger topped with pizza sauce, mozzarella cheese and romaine lettuce on a bun

BBQ Chicken Sandwich
warm baked chicken smothered in BBQ sauce on a bun and prepared in-house

Bacon Cheeseburger on Bun
homemade beef patty topped with melted cheese and crispy bacon on a toasted bun

Smokehouse Burger
burger on a freshly toasted bun with BBQ sauce

AVAILABLE DAILY: HAMBURGERS, CHEESEBURGERS, CHICKEN PATTY, SPICY CHICKEN PATTY SANDWICHES.



Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
Pepperoni Pizza

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

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

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

Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice
Classic Cheese Pizza
Pepperoni Pizza

AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



Fresh Apple
Fresh Banana
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Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
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Garden Salad

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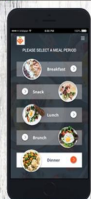
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Cherry Tomatoes
Garden Salad

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Cucumber Coins
Cherry Tomatoes
Garden Salad

Fresh Apple
Fresh Banana
Fresh Orange
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Black Beans
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad



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