

Windsor Locks Middle School

Welcome to our
Lunch Cafe

10/01/2026 - 10/02/2026

MEATLESS
MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Crispy Tacos
homemade spicy taco
meat inside a crispy taco
shell topped with cheese



Fiesta Corn
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.



English Cheddar
Burger
freshly grilled burger
topped with cheddar
cheese, sautéed onions,
crisp lettuce and
tomatoes on a bun



Chicken Bacon
Sandwich
tender, crispy chicken
patty topped with crispy
bacon and leaf lettuce



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



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



Hawaiian Pizza
ham and pineapple
chunks over a cheese
pizza slice



AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



Boar's Head

Crispy Chicken
Garden Salad
fresh garden salad
topped with baked crispy
chicken and served with
dinner roll(s)



American Beauty
freshly made sandwich
with thinly sliced turkey
and cheese, crispy
lettuce and tomato



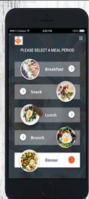
AVAILABLE DAILY: MADE TO ORDER SANDWICHES & SALADS.



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

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

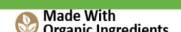
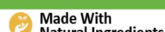
AVAILABLE DAILY: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.



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Windsor Locks Middle School

Welcome to our
Lunch Cafe

10/05/2026 - 10/09/2026

MEATLESS MONDAY

Monday

Grilled Cheese Sandwich 🌱 🍅
Tomato Soup

Tuesday

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

Wednesday

Homemade Pasta & Meatballs
freshly baked meatballs with tomato sauce over pasta 🍷

Thursday

Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese 🍷 🍅 🍌 🍌 🍌
Pico De Gallo 🍅

Friday

Bun Appetit Hot Honey Crispy Chicken Sandwich 🍷



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



Buffalo Burger
grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a 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

English Cheddar Burger
freshly grilled burger topped with cheddar cheese, sautéed onions, crisp lettuce and tomatoes on a bun 🍷

Chicken Bacon Sandwich
tender, crispy chicken patty topped with crispy bacon and leaf lettuce 🍷 🍷

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



Broccoli Pizza
cheese pizza topped with broccoli 🌱 🍅

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

Pepper and Onion Pizza
fresh pizza topped with peppers and onions 🍷 🍷

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

Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice 🍷 🍷

AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



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

Classic Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🍷 🍷 🍷

BLT Sandwich
warm sandwich prepared in-house topped with crispy bacon, fresh lettuce and tomato slices 🍷 🍷 🍷

Crispy Chicken Garden Salad
fresh garden salad topped with baked crispy chicken and served with dinner roll(s) 🍷 🍷

American Beauty
freshly made sandwich with thinly sliced turkey and cheese, crispy lettuce and tomato 🍷



AVAILABLE DAILY: MADE TO ORDER SANDWICHES & SALADS.



Fresh Apple
Fresh Banana 🍌
Fresh Orange 🍅
Diced Pear Cup
Sliced Peaches
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes

Fresh Apple
Fresh Banana 🍌
Fresh Orange 🍅
Diced Pear Cup
Sliced Peaches
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

Fresh Apple
Fresh Banana 🍌
Fresh Orange 🍅
Diced Pear Cup
Sliced Peaches
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

Fresh Apple
Fresh Banana 🍌
Fresh Orange 🍅
Diced Pear Cup
Sliced Peaches
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

Fresh Apple
Fresh Banana 🍌
Fresh Orange 🍅
Diced Pear Cup
Sliced Peaches
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

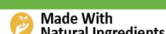
AVAILABLE DAILY: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.



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Windsor Locks Middle School

Welcome to our
Lunch Cafe

10/12/2026 - 10/16/2026

Monday

Tuesday

Wednesday

Thursday

Friday



Yard Bird Classic Chicken Sandwich
a delicious chicken filet on a hearty bun, served with special sauce and a pickle 🍌 🍌
Oven Baked Fries 🍟



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

Pasta with Meat Sauce
freshly cooked pasta with meat sauce 🍌 🍌
Steamed Carrots

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

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



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

English Cheddar Burger
freshly grilled burger topped with cheddar cheese, sautéed onions, crisp lettuce and tomatoes on a bun 🍌 🍌

Chicken Bacon Sandwich
tender, crispy chicken patty topped with crispy bacon and leaf lettuce 🍌 🍌

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 🍌

Pepper and Onion Pizza
fresh pizza topped with peppers and onions 🍌 🍌

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

Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice 🍌 🍌

AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



Cobb Salad
fresh lettuce topped with bacon, baked chicken, shredded cheddar, and chopped egg 🍌 🍌

Classic Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🍌 🍌
BLT Sandwich 🍌

Crispy Chicken Garden Salad
fresh garden salad topped with baked crispy chicken and served with dinner roll(s) 🍌 🍌
Chicken Bacon Ranch Wrap 🍌 🍌

Classic Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🍌 🍌
American Beauty 🍌



AVAILABLE DAILY: MADE TO ORDER SANDWICHES & SALADS.



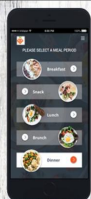
Fresh Apple 🍏
Fresh Banana 🍌
Fresh Orange 🍊
Black Beans
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

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

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

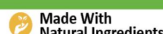
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Windsor Locks Middle School

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 🌱
Tomato Sauce Dip

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



Classic Pulled Pork
Pulled Pork 🌱 🌱
Homemade Ranch Coleslaw
Whole Wheat Hamburger Bun

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

Chicken Fajita Nachos
tortilla chips topped with freshly prepared chicken, cheese and sauteed peppers & onions 🌱

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



Buffalo Burger
grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a 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

English Cheddar Burger
freshly grilled burger topped with cheddar cheese, sautéed onions, crisp lettuce and tomatoes on a bun 🌱 🌱

Chicken Bacon Sandwich
tender, crispy chicken patty topped with crispy bacon and leaf lettuce 🌱 🌱

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



Broccoli Pizza
cheese pizza topped with broccoli 🌱 🌱

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

Pepper and Onion Pizza
fresh pizza topped with peppers and onions 🌱 🌱

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

Hawaiian Pizza
ham and pineapple chunks over a cheese pizza slice 🌱 🌱

AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



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

Chicken Waldorf Salad with Dinner Rolls
diced fresh apples, chopped celery, sour cream and grilled chicken salad 🌱 🌱 🌱 🌱

Classic Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🌱 🌱 🌱
BLT Sandwich 🌱 🌱

Classic Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🌱 🌱 🌱
Crispy Chicken Garden Salad 🌱 🌱

Classic Chef Salad
fresh lettuce topped with sliced deli meats and cheeses 🌱 🌱 🌱
American Beauty 🌱



AVAILABLE DAILY: MADE TO ORDER SANDWICHES & SALADS.



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

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

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

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

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

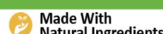
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Windsor Locks Middle School

Welcome to our
Lunch Cafe

10/26/2026 - 10/30/2026

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday



Cinnamon French
Toast Sticks
*French toast sticks baked
to perfection* 🌱
Syrup

Seared Dumplings
*stuffed dumplings perfect
for dipping in your
favorite Asian sauce* 🍡
Stir Fry Vegetables 🌱

Buffalo Chicken
Tenders
*Buffalo chicken tenders
with carrot and celery
sticks* 🍡

Homemade Mac &
Cheese
*macaroni noodles in a
rich, cheesy sauce* 🌱
Steamed Carrots 🍡

Coney Island Hot
Dog
*skinless hot dog on a
bun, topped with onions,
cheese and chili* 🍡

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



BRUNCH FOR LUNCH TODAY!
*hot sauce and blue
cheese with lettuce and
tomato on a 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*

English Cheddar
Burger
*freshly grilled burger
topped with cheddar
cheese, sautéed onions,
crisp lettuce and
tomatoes on a bun* 🍡

Chicken Bacon
Sandwich
*tender, crispy chicken
patty topped with crispy
bacon and leaf lettuce* 🍡

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



Broccoli Pizza
*cheese pizza topped with
broccoli* 🌱

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

Pepper and Onion
Pizza
*fresh pizza topped with
peppers and onions* 🌱

Meat Lovers Pizza
*freshly made pizza
topped with mozzarella
cheese, sausage,
pepperoni and meatball* 🍡

Hawaiian Pizza
*ham and pineapple
chunks over a cheese
pizza slice* 🍡

AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.



Tuna Salad
Sandwich
*freshly made sandwich
topped with creamy tuna
salad* 🍡

Chicken Caesar
Salad
*fresh chopped romaine
topped with baked
chicken and croutons,
seasoned with black
pepper and served with
dinner rolls* 🍡

Classic Chef Salad
*fresh lettuce topped with
sliced deli meats and
cheeses* 🍡
BLT Sandwich 🍡

Chicken Caesar
Salad
*fresh chopped romaine
topped with baked
chicken and croutons,
seasoned with black
pepper and served with
dinner rolls* 🍡
Crispy Chicken
Garden Salad 🍡

American Beauty
*freshly made sandwich
with thinly sliced turkey
and cheese, crispy
lettuce and tomato* 🍡



AVAILABLE DAILY: MADE TO ORDER SANDWICHES & SALADS.



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

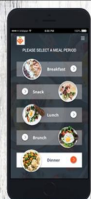
Fresh Apple
Fresh Banana 🍌
Fresh Orange 🍊
Black Beans
Broccoli Bites
Fresh Baby Carrots
Cucumber Coins
Cherry Tomatoes
Garden Salad

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

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

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

AVAILABLE DAILY: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.



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