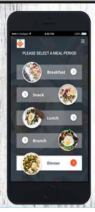
Windsor Locks Middle School

Welcome to our Lunch Cafe

11/02/2026 - 11/06/2026

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* With Tomato Sauce Dip And Garlic Green Beans	SCHOOL CLOSED TODAY	Homemade Pasta & Meat Sauce *freshly cooked homemade pasta with meat sauce* Steamed Carrots	BBQ Chicken Nachos *crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage*	Yard Bird Classic Chicken Sandwich *a delicious chicken filet on a hearty bun, served with special sauce and a pickle* Crispy Potato Puffs
	AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				
Miss Ruby's Grill	Buffalo Burger *grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun*	SCHOOL CLOSED TODAY	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.				
La Cucina	Broccoli Pizza *cheese pizza topped with broccoli*	SCHOOL CLOSED TODAY	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.				
Great American Sandwich Co. / Real Meals Express	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	SCHOOL CLOSED TODAY	Classic Chef Salad *fresh lettuce topped with sliced deli meats and cheeses*	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.				
Healthy Harvest	Fresh Apple Fresh Banana Fresh Orange Black Beans Broccoli Bites Fresh Baby Carrots Cucumber Coins Cherry Tomatoes Garden Salad	SCHOOL CLOSED TODAY	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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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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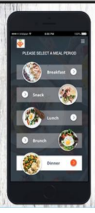
Windsor Locks Middle School

Welcome to our Lunch Cafe

11/09/2026 - 11/13/2026

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Cinnamon French Toast Sticks *French toast sticks baked to perfection* Syrup Hash Brown Potatoes	Chicken Philly Cheesesteak *thin sliced chicken with sauteed peppers and onions with cheese on a whole wheat roll* Spicy Honey Broccoli		Homemade Pasta & Meatballs *freshly baked meatballs with tomato sauce over pasta* Steamed Carrots	Tot Spot's Buffalo Chicken Tater Tots *crispy tater tots topped with buffalo chicken and drizzled with ranch dressing and scallion garnish* Whole Wheat Dinner Roll
	AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				
Miss Ruby's Grill	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*		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.				
La Cucina	Broccoli Pizza *cheese pizza topped with broccoli*	Buffalo Chicken Pizza *buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough*		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.				
Great American Sandwich Co. Real Meals™ Express	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	Classic Chef Salad *fresh lettuce topped with sliced deli meats and cheeses*		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.				
Healthy Harvest	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
	AVAILABLE DAILY: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				



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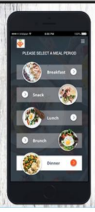
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Windsor Locks Middle School

Welcome to our Lunch Cafe

11/16/2026 - 11/20/2026

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	French Toast *French toast baked to perfection* Hash Brown Potatoes MEATLESS MONDAY	Meatball Hero *freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella* Steamed Carrots	Homemade Chicken & Broccoli Alfredo *grilled chicken and broccoli florets tossed in a creamy sauce over tender pasta*	Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*	Seared Dumplings *stuffed dumplings perfect for dipping in your favorite Asian sauce* Vegetable Fried Rice
	AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				
Miss Ruby's Grill	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.				
La Cucina	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.				
Great American Sandwich Co. / Real Meals Express	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*	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.				
Healthy Harvest	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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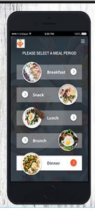
Windsor Locks Middle School

Welcome to our Lunch Cafe

11/23/2026 - 11/27/2026

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Homemade Mac & Cheese *pasta in cheese sauce, garnished with parsley* Green Beans	Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce* Crispy Potato Puffs Sweet Corn	SCHOOL CLOSED TODAY		SCHOOL CLOSED TODAY
	AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				
Miss Ruby's Grill	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*	SCHOOL CLOSED TODAY		SCHOOL CLOSED TODAY
	AVAILABLE DAILY: HAMBURGERS, CHEESEBURGERS, CHICKEN PATTY, SPICY CHICKEN PATTY SANDWICHES.				
La Cucina	Broccoli Pizza *cheese pizza topped with broccoli*	Buffalo Chicken Pizza *buffalo chicken strips with mozzarella, parmesan, marinara sauce on fresh pizza dough*	SCHOOL CLOSED TODAY		SCHOOL CLOSED TODAY
	AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.				
Great American Sandwich Co. Real Meals Express	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*	SCHOOL CLOSED TODAY		SCHOOL CLOSED TODAY
	AVAILABLE DAILY: MADE TO ORDER SANDWICHES & SALADS.				
Healthy Harvest	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	SCHOOL CLOSED TODAY		SCHOOL CLOSED TODAY
	AVAILABLE DAILY: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				



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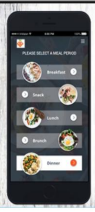
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Windsor Locks Middle School

Welcome to our Lunch Cafe

11/30/2026 - 11/30/2026

	Monday (Meatless Monday)	Tuesday	Wednesday	Thursday	Friday
World Market	Grilled Cheese Sandwich Meltdown Café *golden toasted bread with melted gooey cheese pressed and prepared in-house* Tomato Soup				
	AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				
Miss Ruby's Grill	Buffalo Burger *grilled burger topped with hot sauce and blue cheese with lettuce and tomato on a bun*				
	AVAILABLE DAILY: HAMBURGERS, CHEESEBURGERS, CHICKEN PATTY, SPICY CHICKEN PATTY SANDWICHES.				
La Cucina	Broccoli Pizza *cheese pizza topped with broccoli*				
	AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.				
Great American Sandwich Co. / Real Meals Express	Tuna Salad Sandwich *freshly made sandwich topped with creamy tuna salad*				
	AVAILABLE DAILY: MADE TO ORDER SANDWICHES & SALADS.				
Healthy Harvest	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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