Windsor Locks High School

Welcome to our Lunch Cafe

12/01/2026 - 12/04/2026

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market		Meatball Sandwich *warm baked meatballs smothered in tomato sauce on a sandwich prepared in-house*	Buffalo Chicken Dip *chicken mixed with hot sauce, cream cheese, ranch dressing and sprinkled cheddar cheese on top*	Crispy Taco Shell Spicy Beef And Cheese Sauce SABROSOS TACOS	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.				
Great American Sandwich Co.	Boar's Head	Chicken Club Sandwich *hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes*	Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*	Turkey Pesto Panini *turkey breast with cheddar cheese, pesto mayo and fire roasted peppers on a panini*	Meatball Hero *freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella*
	AVAILABLE DAILY: MADE TO ORDER SANDWICHES.				
Miss Ruby's Grill		Chicken Bacon Ranch Wrap *tender chicken tossed in buttermilk ranch dressing with lettuce, tomatoes and bacon in a wrap*	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.				
La Cucina		Hand Crafted Buffalo Chicken Pizza *fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp* Classic Cheese Pizza *whole grain pizza crust topped with rich tomato*	Chicken Bacon Ranch Pizza *fresh pizza topped with chicken and bacon, drizzled with ranch dressing* Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted*	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.				
Healthy Harvest Real Meals Express	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	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.

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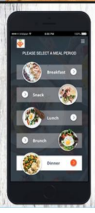
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Windsor Locks High School

Welcome to our Lunch Cafe

12/07/2026 - 12/11/2026

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	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 BRUNCH FOR LUNCH TODAY!	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.				
Great American Sandwich Co.	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 Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing* Bun'appetit Handhelds™	Turkey Pesto Panini *turkey breast with cheddar cheese, pesto mayo and fire roasted peppers on a panini*	Meatball Hero *freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella*
	AVAILABLE DAILY: MADE TO ORDER SANDWICHES.				
Miss Ruby's Grill	Beef Hot Dog on Bun *juicy beef hot dog on a soft bun*	Chicken Bacon Ranch Wrap *tender chicken tossed in buttermilk ranch dressing with lettuce, tomatoes and bacon in a wrap*	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.				
La Cucina	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.				
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	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
	AVAILABLE DAILY: CAESAR SALAD, GARDEN SALAD, YOGURT PARFAIT, ASSORTED FRUITS & VEGETABLES.				



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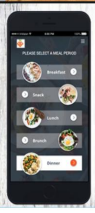
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Windsor Locks High School

Welcome to our Lunch Cafe

12/14/2026 - 12/18/2026

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* Tomato Sauce Dip MEATLESS MONDAY	Sausage and Egg Sandwich *warm breakfast sandwich prepared in-house with fluffy eggs and savory sausage* With Crispy Potato Puffs *crisp potato puffs baked 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	Soft Tacos *freshly prepared fiesta-style meat with melted cheese wrapped in a warm soft taco shell* With Fiesta Corn And Black Beans	Chicken Drumstick Doubles *baked chicken pieces* Mashed Potatoes Steamed Carrots MENU Student FAVES
	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*	Chicken Club Sandwich *hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes*	Chicken Caesar Wrap *freshly made tortilla wrap filled with sliced chicken, crisp lettuce, and cheese topped with low-fat Caesar dressing*	Turkey Pesto Panini *turkey breast with cheddar cheese, pesto mayo and fire roasted peppers on a panini*	Meatball Hero *freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella*
	AVAILABLE DAILY: MADE TO ORDER SANDWICHES.				
Miss Ruby's Grill	Beef Hot Dog on Bun *juicy beef hot dog on a soft bun*	Chicken Bacon Ranch Wrap *tender chicken tossed in buttermilk ranch dressing with lettuce, tomatoes and bacon in a wrap*	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.				
La Cucina	Hand Crafted Three Cheese Pizza *fresh dough layered with sauce, topped with ricotta, mozzarella, and Parmesan cheeses* 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 *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.				
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	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
	AVAILABLE DAILY: CAESAR SALAD, GARDEN SALAD, YOGURT PARFAIT, ASSORTED FRUITS & VEGETABLES.				



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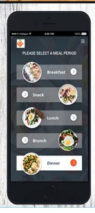
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Windsor Locks High School

Welcome to our Lunch Cafe

12/21/2026 - 12/25/2026

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market	Baked potato *Potato that is baked in the oven with a little oil and salt.* MEATLESS MONDAY	Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce* Oven Baked Fries			
	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*	Chicken Club Sandwich *hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes*			
	AVAILABLE DAILY: MADE TO ORDER SANDWICHES.				
Miss Ruby's Grill	Beef Hot Dog on Bun *juicy beef hot dog on a soft bun*	Chicken Bacon Ranch Wrap *tender chicken tossed in buttermilk ranch dressing with lettuce, tomatoes and bacon in a wrap*			
	AVAILABLE DAILY: HAMBURGERS, CHEESEBURGERS, CHICKEN PATTY, SPICY CHICKEN PATTY SANDWICHES.				
La Cucina	Bacon Pizza *pizza topped with crispy bacon* 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			
	AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.				
LOCAL 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			
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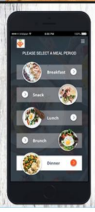
Windsor Locks High School

Welcome to our Lunch Cafe

12/28/2026 - 12/31/2026

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
World Market					
	AVAILABLE DAILY ON HEALTHY HARVEST: ASSORTED SEASONAL FRESH & CUPPED FRUITS & VEGETABLES.				
Great American Sandwich Co.			Chicken Caesar 		
	AVAILABLE DAILY: MADE TO ORDER SANDWICHES.				
Miss Ruby's Grill					
	AVAILABLE DAILY: HAMBURGERS, CHEESEBURGERS, CHICKEN PATTY, SPICY CHICKEN PATTY SANDWICHES.				
La Cucina					
	AVAILABLE DAILY: WHOLE GRAIN DOUGH CHEESE & PEPPERONI PIZZA.				
Healthy Harvest / Real Meals Express					
	AVAILABLE DAILY: CAESAR SALAD, GARDEN SALAD, YOGURT PARFAIT, ASSORTED FRUITS & VEGETABLES.				



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