




















Breakfast Menu

Windsor Locks High School

March
2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sausage, Egg and Cheese Sandwich Sliced Oranges	3 Strawberry Pop Tart Brown Sugar Cinnamon Pop Tart Fresh Apple	4 Bacon, Egg and Cheese Breakfast Sandwich 100% Apple Juice	5 Blueberry Muffin  Chocolate Chip Muffin  Fresh Orange	6 Whole Grain French Toast Slices  WW Honey Bun  Fresh Apple
9 Cinnamon Toast Crunch Cereal  With Animal Crackers And Fresh Orange	10 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i>  With Fresh Apple	11 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> With Fresh Banana	12 Blueberry Muffin  With Fresh Orange	13 WW Honey Bun  With Fresh Apple
	FUEL			
16 Chocolate Chip Muffin  With Fresh Apple	17 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> With Diced Pear Cup	18 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> With Fresh Apple	19 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i>  With Fresh Orange	20 Red. Sugar Cocoa Puffs Cereal  Cinnamon Toast Crunch Cereal  Fresh Pear
23 WW Honey Bun  Sliced Peaches	24 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i>  With Sliced Peaches	25 Apple Strudel  With Fresh Banana	26 Scrambled Eggs with Cheese  With Fresh Apple	27 McGriddle Sausage Sandwich <i>warm breakfast sandwich prepared in-house with savory sausage wrapped in pancakes</i>  With Sliced Peaches
30 Mini Cinnamon Pull Apart Roll  With Applesauce	31 Cinnamon Toast Crunch Cereal  With Fresh Orange			



View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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. If you have a food allergy, or intolerance, please notify us.

***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.

Please remember to fill out your free and reduced meal applications and return to your schools

Available Daily

Cold Cereal, Muffin, Honey Bun
Fruits offered Daily: Fresh in Season Fruits or chilled cup fruit
Choice of Milk: Fat Free
Chocolate, 1% White

We encourage students to take advantage of our UNLIMITED fruit and vegetable policy

