


# Breakfast Menu

Windsor Locks Middle School

March 2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

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



View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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  
Fruits offered Daily: Fresh in Season Fruits  
Choice of Milk: Fat Free  
Chocolate, 1% White and Skim  
We encourage students to take advantage of our UNLIMITED fruit and vegetable policy

