

# Breakfast Menu

Windsor Locks High School

April 2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Bacon, Egg and Cheese Breakfast Sandwich 100% Apple Juice Strawberry Pop Tart Fresh Orange	2 Blueberry Muffin Chocolate Chip Muffin Fresh Orange Strawberry Pop Tart	3 Whole Grain French Toast Slices WW Honey Bun Fresh Apple Strawberry Pop Tart
6 Cinnamon Toast Crunch Cereal With Animal Crackers Strawberry Pop Tart And Fresh Orange	7 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> With Fresh Apple Strawberry Pop Tart Fresh Orange <b>FUEL</b>	8 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> With Fresh Banana Strawberry Pop Tart Fresh Orange	9 Blueberry Muffin With Fresh Orange Strawberry Pop Tart	10 WW Honey Bun With Fresh Apple Strawberry Pop Tart
13 Chocolate Chip Muffin With Fresh Apple	14 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 Strawberry Pop Tart	15 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> With Fresh Apple Strawberry Pop Tart	16 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> With Fresh Orange Strawberry Pop Tart	17 Red. Sugar Cocoa Puffs Cereal Cinnamon Toast Crunch Cereal Fresh Pear Strawberry Pop Tart
20 WW Honey Bun Sliced Peaches Strawberry Pop Tart Fresh Orange	21 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> With Sliced Peaches Strawberry Pop Tart Fresh Orange 	22 Apple Strudel With Fresh Banana Strawberry Pop Tart Fresh Orange	23 Scrambled Eggs with Cheese With Fresh Apple Strawberry Pop Tart	24 McGriddle Sausage Sandwich <i>warm breakfast sandwich prepared in-house with savory sausage wrapped in pancakes</i> With Sliced Peaches Strawberry Pop Tart Fresh Orange
27 Mini Cinnamon Pull Apart Roll With Applesauce Strawberry Pop Tart Fresh Orange	28 Cinnamon Toast Crunch Cereal With Fresh Orange Strawberry Pop Tart	29 Overnight Oatmeal  Fresh Orange	30 Veggie Frittata Strawberry Pop Tart 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

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

