

Breakfast Menu

Windsor Locks Middle School

May 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday


Wednesday

Thursday

Friday



FUEL


1 Chocolate Chip Muffin 
Blueberry Muffin 
With Fresh Orange

4 Cinnamon Toast Crunch Cereal 
And Animal Crackers
With Applesauce

5 Fluffy Whole Grain Pancakes
warm whole grain pancakes 
And Syrup
With Fresh Orange


6 Bacon, Egg and Cheese Breakfast Sandwich
warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese
All With Fresh Banana


7 WW Honey Bun 
Or WG Cherry Muffin 
All With Apple Juice



8 WW Honey Bun 
Apple Juice


11 Chocolate Chip Muffin 
Or WW Honey Bun 
Fresh Orange



12 Bacon, Egg and Cheese Wrap
Diced Pear Cup



13 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese
Or WG Cherry Muffin 
All With Fresh Orange



14 Whole Grain Bagel with Cream Cheese 
And Fresh Apple



15 Cinnamon Toast Crunch Cereal 
Or Red. Sugar Cocoa Puffs Cereal 
With Fresh Orange

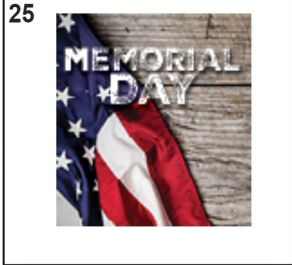
18 Cinnamon Toast Crunch Cereal Bar
Or Blueberry Muffin 
With Applesauce

19 Fluffy Whole Grain Pancakes
warm whole grain pancakes 
And Syrup
Or Apple Strudel 
All With Sliced Peaches




20 Sausage and Cheese Sandwich
Or WW Honey Bun 
With Fresh Apple


21 Scrambled Eggs with Cheese 
Or Apple Strudel 
And Fresh Orange

22 Egg and Cheese Sandwich 
Or Chocolate Chip Muffin 
With Fresh Banana



26 Red. Sugar Cinnamon Toast Crunch Cereal 
Fresh Orange
Applesauce

27 Overnight Oatmeal 
 
Applesauce

28 Veggie Frittata 
Applesauce 

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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
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

