

Breakfast Menu

Windsor Locks High School

May 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM


Monday

Tuesday

Wednesday

Thursday


Friday

4 Cinnamon Toast Crunch Cereal 
With Animal Crackers
Strawberry Pop Tart
And Fresh Orange

5 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection 
With Fresh Apple
Strawberry Pop Tart
Fresh Orange
FUEL


6 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese
With Fresh Banana
Strawberry Pop Tart
Fresh Orange



7 Blueberry Muffin 
With Fresh Orange
Strawberry Pop Tart


8 WW Honey Bun 
With Fresh Apple
Strawberry Pop Tart


11 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese
With Fresh Orange


12 Strawberry Pop Tart Or Brown Sugar Cinnamon Pop Tart
WG Honey Bear
Graham Crackers
Fresh Apple

13 Bacon, Egg and Cheese Breakfast Sandwich 
100% Apple Juice


14 Blueberry Muffin 
Or Chocolate Chip Muffin 
With Fresh Orange


15 Whole Grain French Toast Slices 
WW Honey Bun 
Fresh Apple


18 WW Honey Bun 
Sliced Peaches
Strawberry Pop Tart
Fresh Orange


19 Fluffy Whole Grain Pancakes
warm whole grain pancakes 
With Sliced Peaches
Strawberry Pop Tart
Fresh Orange







20 Apple Strudel 
With Fresh Banana
Strawberry Pop Tart
Fresh Orange


21 Scrambled Eggs with Cheese 
With Fresh Apple
Strawberry Pop Tart


22 McGriddle Sausage Sandwich
warm breakfast sandwich prepared in-house with savory sausage wrapped in pancakes 
With Sliced Peaches
Strawberry Pop Tart
Fresh Orange

25 
MEMORIAL DAY

26 Cinnamon Toast Crunch Cereal 
With Fresh Orange
Strawberry Pop Tart

27 Overnight Oatmeal 
 
Fresh Orange

28 Veggie Frittata 
Strawberry Pop Tart 
Fresh Orange

29 Bacon, Egg and Cheese Breakfast Sandwich 
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

