

Breakfast Menu

Windsor Locks South Elementary School

May 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM


Monday

Tuesday

Wednesday

Thursday



Friday

4 Apple Strudel 
With Craisins

5 Fluffy Whole Grain Waffles 
With Fresh Apple



6 Cinnamon French Toast 
And 100% Juice Fruit Punch

7 Scrambled Eggs with Cheese 
Or WW Honey Bun 
And Fresh Pear


8 Egg and Cheese Sandwich
Or Fudge Pop Tart
Brown Sugar
Cinnamon Pop Tart
And Fresh Banana


11 Blueberry Muffin 
Banana Muffin 
And Fresh Apples

12 Sausage, Egg and Cheese Sandwich
Diced Pear Cup

13 Mini Maple Pancakes
And Fresh Apple
With 100% Juice Fruit Punch

14 Strawberry Pop Tart
With Fresh Pear
Or Apple Juice





15 Soft Filled Cinnamon Toast Crunch Bar 
And Fresh Banana
100% Apple Juice

18 Mini French Toast
With Syrup
And Craisins
Or 100% Orange Tangerine


19 Chocolate Chip Muffin 
And Fresh Apple




20 Apple Strudel 
And 100% Juice Fruit Punch


21 WW Bagel 
With Cream Cheese
And Fresh Pear


22 Sausage, Egg and Cheese Sandwich
And 100% Juice Fruit Punch
Or Fresh Banana

25 

26 Fluffy Whole Grain Waffles 
Diced Peach Cup

27 Egg and Cheese Sandwich
100% Apple Juice

28 Overnight Oatmeal 


Fresh Apple

29 Mini Cinnamon Pull Apart Roll 
Sliced Peaches

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
Alternative breakfast available daily please check with staff for daily options

