

# Lunch Menu

# Windsor Locks South Elementary School

May 2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday


4 Alfredo Pasta with Garlic Roasted Broccoli  
*Pasta with alfredo sauce*   
With Lemon Marinated Carrots And Fresh Banana 


5 Nachos Grande *tortilla chips topped with freshly prepared mexi style meat and cheese*  
With Black Beans And Fresh Pear


6 Cheeseburger *burger topped with cheese on a freshly toasted bun*  
With Oven Baked Fries And Fresh Orange


7 French Toast *French toast baked to perfection*  
With Hash Brown Potatoes And Fresh Orange


8 French Bread Pizza *crispy French bread smothered with tomato sauce and melted cheese*   
Garden Salad

11 Pasta with Meat Sauce   
Roasted Lemon Parmesan Broccoli Sliced Peaches


12 Wing Shack Honey Dipped Chicken Wings   
Wing Shack BBQ Style Chicken Wings Glazed Carrots

13 Bacon, Egg and Cheese Breakfast Sandwich   
Sausage, Egg and Cheese Sandwich Crispy Potato Puffs

14 Tot Spot's Loaded Nacho Tater Tots 


15 Classic Cheese Pizza   
Garden Salad

18 Cheesy Stuffed Bread Sticks *baked bread sticks filled with melted cheese*   
And Green Beans Fresh Orange


19 Incredibowls General Tso's Chicken *General Tso's seasoned chicken with brown rice, broccoli, and scallions*   
And Steamed Broccoli With Fresh Pear

20 Cinnamon French Toast Sticks   
With Sausage Patty And Hash Brown Potatoes With Diced Peaches 

21 Yard Bird Classic Chicken Sandwich *a delicious chicken filet on a hearty bun, served with special sauce and a pickle*  
With Oven Baked Fries And Fresh Pear 


22 Deep Dish Cheese Pizza   
Garden Salad And Fresh Apple

25 

26 Chicken Parmesan Over Pasta *oven baked chicken topped with sauce and melted cheese, all over pasta*   
With Green Beans And Applesauce

27 Philly Cheese Steak *thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house*   
With Steamed Broccoli And Fresh Apple

28 Honeyfire Kitchen Chicken Sandwich *freshly prepared chicken drizzled with honey fire sauce*  
With Crispy Potato Puffs And Diced Peaches

29 Classic Cheese Pizza *whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese*   
With Garden Salad Sliced Peaches

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.

**Fruits offered daily:**  
Fresh or Chilled Cupped fruit  
Milk: Fat Free Chocolate, 1% White

**Available Daily**  
Grilled Cheese

**Available Daily**  
Bagel Lunch

Fresh Bagel, Jelly, String Cheese and Fruit

Simply Boxed Yogurt

Yogurt Cup, String Cheese, Graham cracker, Fruit

**Sun Butter & Jelly Sandwich**

 On Whole Wheat  Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients

On Whole Wheat bread with Fruit Or Vegetables