Breakfast Menu

Windsor Locks High School

August 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27 Bacon, Egg and Cheese Breakfast Sandwich Or Fruity Parfait Fresh Banana Diced Pear Cup	28 Whole Grain Biscuit With Sausage Patty And American Cheese Or Fruity Parfait Fresh Apple 100% Juice Fruit Punch
31 Fluffy Whole Grain Pancakes With Syrup Or Sunshine Smoothie Fresh Apple 100% Orange Tangerine				

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.

Milk Choices:

Fat Free Chocolate

1% White

Assorted 100% Juice Variety

Available Daily

Whole Grain, Reduced Sugar Cereal: Cinnamon Toast Crunch, Trix, Honey Cheerios

Whole Grain Honeybun, Whole Grain Blueberry or Chocolate Chip Muffins, Whole Grain Bagel with Cream Cheese

Fresh Assorted Seasonal Fruits & Chilled Fruit Cups

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · Made With Organic Ingredients