Breakfast Menu

Windsor Locks High School

September 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Grilled Cheese Sandwich Meltdown Café Or Sunshine Smoothie Fresh Pear Dried Cranberries	2 Fluffy Whole Grain Waffles With Syrup Or Sunshine Smoothie Fresh Orange 100% Apple Juice	3 Bacon, Egg and Cheese Breakfast Sandwich Or Sunshine Smoothie Fresh Banana Diced Pear Cup Dried Cranberries	4 Whole Grain Biscuit With Sausage Patty And American Cheese Or Sunshine Smoothie Fresh Apple 100% Juice Fruit Punch
7	8 Grilled Cheese Sandwich Meltdown Café Or Apple Strudel Fresh Pear Dried Cranberries	9 Fluffy Whole Grain Waffles With Syrup Or Apple Strudel Fresh Orange 100% Apple Juice	10 Bacon, Egg and Cheese Breakfast Sandwich Or Apple Strudel Fresh Banana Diced Pear Cup	11 Whole Grain Biscuit With Sausage Patty And American Cheese Or Apple Strudel Fresh Apple 100% Juice Fruit Punch
14 Fluffy Whole Grain Pancakes With Syrup Or Yogurt and Nutrigrain Bar Fresh Apple 100% Orange Tangerine	15 Grilled Cheese Sandwich Meltdown Café Or Yogurt and Nutrigrain Bar Fresh Pear Dried Cranberries	16 Fluffy Whole Grain Waffles With Syrup Or Yogurt and Nutrigrain Bar Fresh Orange 100% Apple Juice	17 Bacon, Egg and Cheese Breakfast Sandwich Or Yogurt and Nutrigrain Bar Fresh Banana Diced Pear Cup	18 Whole Grain Biscuit With Sausage Patty And American Cheese Or Yogurt and Nutrigrain Bar Fresh Apple 100% Juice Fruit Punch
21 Fluffy Whole Grain Pancakes With Syrup Or Fruity Parfait Fresh Apple 100% Orange Tangerine	22 Grilled Cheese Sandwich Meltdown Café Or Fruity Parfait Fresh Pear Dried Cranberries	23 Fluffy Whole Grain Waffles With Syrup Or Fruity Parfait Fresh Orange 100% Apple Juice	24 Bacon, Egg and Cheese Breakfast Sandwich Or Fruity Parfait Fresh Banana Diced Pear Cup	25 Whole Grain Biscuit With Sausage Patty And American Cheese Or Fruity Parfait Fresh Apple 100% Juice Fruit Punch
28 Fluffy Whole Grain Pancakes With Syrup Or Not-A-Nut Butter & Jelly Sandwich Fresh Apple 100% Orange Tangerine	29 Grilled Cheese Sandwich Meltdown Café Or Not-A-Nut Butter & Jelly Sandwich Fresh Pear Dried Cranberries	30 Fluffy Whole Grain Waffles With Syrup Or Not-A-Nut Butter & Jelly Sandwich Fresh Orange 100% Apple Juice		

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