Breakfast Menu

Windsor Locks Middle School

September 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WG Double Chocolate Chip Muffin Or Sunshine Smoothie With WG Honey Bear Graham Crackers Fresh Pear Dried Cranberries	2 Fluffy Whole Grain Waffles With Syrup Or Sunshine Smoothie With WG Honey Bear Graham Crackers Fresh Orange 100% Apple Juice	3 Bacon, Egg and Cheese Breakfast Sandwich Or Sunshine Smoothie With WG Honey Bear Graham Crackers Fresh Banana Sliced Peaches	4 Whole Grain Biscuit With Sausage Patty Or Sunshine Smoothie With WG Honey Bear Graham Crackers Fresh Apple 100% Juice Fruit Punch
7	8 Banana Muffin 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 Sliced Peaches	11 Whole Grain Biscuit With Sausage Patty 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 Apple Strudel 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 Sliced Peaches	18 Whole Grain Biscuit With Sausage Patty Or Yogurt and Nutrigrain Bar Fresh Apple 100% Juice Fruit Punch
21 Fluffy Whole Grain Pancakes With Syrup Or Strawberry Mini Bagel Fresh Apple 100% Orange Tangerine	22 WG Cherry Muffin Or Strawberry Mini Bagel Fresh Pear Dried Cranberries	23 Fluffy Whole Grain Waffles With Syrup Or Strawberry Mini Bagel Fresh Orange 100% Apple Juice	24 Bacon, Egg and Cheese Breakfast Sandwich Or Strawberry Mini Bagel Fresh Banana Sliced Peaches	25 Whole Grain Biscuit With Sausage Patty Or Strawberry Mini Bagel Fresh Apple 100% Juice Fruit Punch
28 Fluffy Whole Grain Pancakes With Syrup Or Fruity Parfait Fresh Apple 100% Orange Tangerine	29 Apple Strudel Or Fruity Parfait Fresh Pear Dried Cranberries	30 Fluffy Whole Grain Waffles With Syrup Or Fruity Parfait 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 Milk

Assorted 100% Juice Variety

Available Daily

Whole Grain, Reduced Sugar Cereal: Cinnamon Toast Crunch, Trix, Honey Cheerios with Belly Bear Grahams

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