Breakfast Menu

Windsor Locks South Elementary School

September 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pancake, Egg and Cheese Breakfast Sandwich With Syrup Or Sunshine Smoothie With WG Honey Bear Graham Crackers Fresh Pear	2 Grilled Cheese Sandwich Meltdown Café Or Sunshine Smoothie With WG Honey Bear Graham Crackers Fresh Banana Applesauce	3 Fluffy Whole Grain Waffles With Syrup Or Sunshine Smoothie With WG Honey Bear Graham Crackers Fresh Orange Diced Pear Cup	4 Egg and Cheese Sandwich Or Sunshine Smoothie With WG Honey Bear Graham Crackers Fresh Apple 100% Juice Fruit Punch
7	8 Pancake, Egg and Cheese Breakfast Sandwich With Syrup Or WW Honey Bun Fresh Pear Dried Cranberries	9 Grilled Cheese Sandwich Meltdown Café Or WW Honey Bun Fresh Banana Applesauce	10 Fluffy Whole Grain Waffles With Syrup Or WW Honey Bun Fresh Orange Diced Pear Cup	11 Egg and Cheese Sandwich Or WW Honey Bun Fresh Apple 100% Juice Fruit Punch
14 Whole Grain French Toast Slices With Syrup Or WG Double Chocolate Chip Muffin Fresh Apple 100% Orange Tangerine	15 Pancake, Egg and Cheese Breakfast Sandwich With Syrup Or WG Double Chocolate Chip Muffin Fresh Pear Raisins	16 Grilled Cheese Sandwich Meltdown Café Or WG Double Chocolate Chip Muffin Fresh Banana Applesauce	17 Fluffy Whole Grain Waffles With Syrup Or WG Double Chocolate Chip Muffin Fresh Orange Diced Pear Cup	18 Egg and Cheese Sandwich Or WG Double Chocolate Chip Muffin Fresh Apple 100% Juice Fruit Punch
21 Whole Grain French Toast Slices With Syrup Or Yogurt with Granola Fresh Apple 100% Orange Tangerine	22 Pancake, Egg and Cheese Breakfast Sandwich With Syrup Or Yogurt with Granola Fresh Pear Dried Cranberries	23 Grilled Cheese Sandwich Meltdown Café Or Yogurt with Granola Fresh Banana Applesauce	24 Fluffy Whole Grain Waffles With Syrup Or Yogurt with Granola Fresh Orange Diced Pear Cup	25 Egg and Cheese Sandwich Or Yogurt with Granola Fresh Apple 100% Juice Fruit Punch
28 Whole Grain French Toast Slices With Syrup Or WW Bagel With Cream Cheese Fresh Apple 100% Orange Tangerine	29 Pancake, Egg and Cheese Breakfast Sandwich With Syrup Or WW Bagel With Cream Cheese Fresh Pear Raisins	30 Grilled Cheese Sandwich Meltdown Café Or WW Bagel With Cream Cheese Fresh Banana Applesauce		

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.

Available Daily:

Choice of Cereal Bars:

Cinnamon Toast Crunch or Coca Puffs with Whole Grain Belly Bear Grahams

Fresh Assorted Seasonal Fruits or Chilled Fruit Cup

Choice of Milk: Fat Free Chocolate or 1% White

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