Lunch Menu

Windsor Locks South Elementary School

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Crispy Popcorn Chicken *crispy breaded chicken bites baked to perfection* With Whole Grain Dinner Roll Steamed Carrots Fresh Apple	2 Whole Grain Waffles with Sausage *light and crispy waffles served with a sausage patty* Cherry Tomatoes Fresh Orange 	3 Tot Spot's Loaded Nacho Tater Tots Black Beans Fresh Banana 	4 Cheese Pizza *crispy whole grain crust topped with tomato sauce and melted cheese* Or Cheese & Pepperoni Pizza Garden Salad Sliced Peaches
7	8 Yard Bird Classic Chicken Sandwich *a delicious chicken filet on a hearty bun, served with special sauce and a pickle* Pickle Chips Fresh Apple	9 Alfredo Pasta *Pasta with alfredo sauce* With Chicken Steamed Carrots Fresh Orange	10 Beef Hot Dog on Bun *juicy beef hot dog on a soft bun* Baked Beans Fresh Banana	11 Classic Cheese Pizza Pepperoni Pizza Garden Salad Sliced Peaches
14 Cheesy Stuffed Bread Sticks *baked bread sticks filled with melted cheese* With Tomato Sauce Dip Broccoli Bites Fresh Pear	15 Sweet & Sour Chicken Sauce & Toss *popcorn chicken in a sweet & sour sauce* With Brown Rice Cucumber Coins Fresh Apple	16 Meatball Dunkers *meatballs with marinara dipping sauce* With WG Garlic Texas Toast Kidney Beans Fresh Orange	17 Classic Beef Burger *beef burger on a freshly toasted bun* Or Cheeseburger *burger topped with cheese on a freshly toasted bun* Sweet Potato Fries Fresh Banana	18 Cheese Pizza *crispy whole grain crust topped with tomato sauce and melted cheese* Cheese & Pepperoni Pizza Garden Salad Sliced Peaches
21 Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* With Tomato Sauce Dip Celery & Carrot Sticks w/ Low Fat	22 Crispy Chicken Sandwich *warm crispy breaded chicken on a bun prepared in-house* Oven Baked Fries Fresh Apple	23 Pasta with Meat Sauce *freshly cooked pasta with meat sauce* Broccoli Bites Fresh Orange	24 Chicken Corn Dog *juicy chicken hot dog surrounded with a corn dog crust* Corn & Black Bean Salad Fresh Banana	25 Classic Cheese Pizza Pepperoni Pizza Garden Salad Sliced Peaches
28 Meatless Chik'n Nugget With Whole Grain Dinner Roll Crispy Potato Puffs Diced Pear Cup	29 Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce* Cucumber Coins Fresh Apple	30 Walking Taco *mexi-style taco meat paired with crispy chips* Fiesta Corn Fresh Orange		

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.

Fresh Seasonal or Chilled Cupped Fruits & Vegetables Offered Daily

Milk Choice:

Fat Free Chocolate

1% White

DAILY ALTERNATE LUNCHES:

Sun butter & Jelly Sandwich *(Sun butter & Jelly, Whole Wheat Bread)*

Turkey & Cheese Sandwich *(Sliced Turkey, American Cheese, Whole Wheat Roll)*

Bagel Lunch *(Whole Grain Bagel, Yogurt, String Cheese, Cream Cheese)*

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