

Breakfast Menu

Windsor Locks South Elementary School

October 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 Whole Grain French Toast Slices With Syrup Or WW Honey Bun Fresh Apple 100% Orange Tangerine

6 Pancake, Egg and Cheese Breakfast Sandwich With Syrup Or WW Honey Bun Fresh Pear Dried Cranberries

7 Scrambled Eggs with Cheese Or WW Honey Bun Fresh Banana Applesauce

8 Very Berry Smoothie Or WW Honey Bun Fresh Orange Diced Pear Cup

9 Egg and Cheese Sandwich Or WW Honey Bun Fresh Apple 100% Juice Fruit Punch



13 Pancake, Egg and Cheese Breakfast Sandwich With Syrup Or WG Double Chocolate Chip Muffin Fresh Pear Raisins

14 Scrambled Eggs with Cheese Or WG Double Chocolate Chip Muffin Fresh Banana Applesauce

15 Fluffy Whole Grain Waffles With Syrup Or WG Double Chocolate Chip Muffin Fresh Orange Diced Pear Cup

16 Egg and Cheese Sandwich Or WG Double Chocolate Chip Muffin Fresh Apple 100% Juice Fruit Punch

19 Whole Grain French Toast Slices With Syrup Or Yogurt with Granola Fresh Apple 100% Orange Tangerine

20 Pancake, Egg and Cheese Breakfast Sandwich With Syrup Or Yogurt with Granola Fresh Pear Dried Cranberries

21 Scrambled Eggs with Cheese Or Yogurt with Granola Fresh Banana Applesauce

22 Fluffy Whole Grain Waffles With Syrup Or Yogurt with Granola Fresh Orange Diced Pear Cup

23 Egg and Cheese Sandwich Or Yogurt with Granola Fresh Apple 100% Juice Fruit Punch

26 Whole Grain French Toast Slices With Syrup Or WW Bagel With Cream Cheese Fresh Apple 100% Orange Tangerine

27 Pancake, Egg and Cheese Breakfast Sandwich With Syrup Or WW Bagel With Cream Cheese Fresh Pear Raisins

28 Scrambled Eggs with Cheese Or WW Bagel With Cream Cheese Fresh Banana Applesauce

29 Fluffy Whole Grain Waffles With Syrup WW Bagel Cream Cheese Fresh Orange Diced Pear Cup

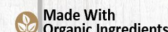
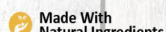
30 Egg and Cheese Sandwich Or WW Bagel Cream Cheese Fresh Apple 100% Juice Fruit Punch

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