

Lunch Menu

Windsor Locks South Elementary School

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 Fresh Pear
Cheesy Stuffed
Bread Sticks
*baked bread sticks filled
with melted cheese* 🌱
With Tomato Sauce
Dip
Broccoli Bites

6 Yard Bird Classic
Chicken Sandwich
*a delicious chicken filet on a
hearty bun, served with
special sauce and a pickle*
🍌 🍌 🍌
Smiley Fries 🌻
Pickle Chips
Fresh Apple

7 Alfredo Pasta
Pasta with alfredo sauce 🌱
🍌
With Chicken
And Steamed Broccoli
Fresh Orange 🍊

1 Buffalo Chicken Mac
& Cheese 🌱
Green Beans
Fresh Banana 🍌

2 Cheese Pizza
*crispy whole grain crust
topped with tomato sauce
and melted cheese* 🌱
Or Cheese &
Pepperoni Pizza
Garden Salad
Sliced Peaches

12

13 BBQ Chicken Sauce
& Toss
Brown Rice
With Cucumber Coins
Fresh Apple

14 Meatball Dunkers
*meatballs with marinara
dipping sauce*
With WG Garlic Texas
Toast 🌻 🌻
Kidney Beans
Fresh Orange 🍊

15 Classic Beef Burger
*beef burger on a freshly
toasted bun* 🍌
Cheeseburger 🍌
Sweet Potato Fries 🌻
Fresh Banana 🍌

16 Cheese Pizza
*crispy whole grain crust
topped with tomato sauce
and melted cheese* 🌱
Cheese & Pepperoni
Pizza
Garden Salad
Sliced Peaches

19 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

20 Crispy Chicken
Sandwich
*warm crispy breaded
chicken on a bun prepared
in-house* 🍌
Oven Baked Fries 🌻
Fresh Apple

21 Pasta with Meat
Sauce
*freshly cooked pasta with
meat sauce* 🍌 🍌
Broccoli Bites
Fresh Orange 🍊

22 Chicken Corn Dog
*juicy chicken hot dog
surrounded with a corn dog
crust*
Corn & Black Bean
Salad
Fresh Banana 🍌

23 Cheese Pizza Bagel
🌱
Pepperoni Pizza 🌻
Garden Salad
Sliced Peaches

26 Meatless Chik'n
Nugget 🌻
Cinnamon & Honey
Roasted Beans
Diced Pear Cup

27 Baked Chicken
Tenders
*crispy chicken tenders
perfect for dipping in your
favorite sauce*
Cucumber Coins
Fresh Apple

28 Walking Taco
*mexi-style taco meat paired
with crispy chips* 🌻
Fiesta Corn
Fresh Orange 🍊

29 Cinnamon French
Toast Sticks 🌱
Crispy Potato Puffs 🌻
With Syrup
Fresh Banana 🍌



30 Cheese Pizza
*crispy whole grain crust
topped with tomato sauce
and melted cheese* 🌱
Cheese & Pepperoni
Pizza
Garden Salad
Sliced Peaches



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.

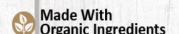
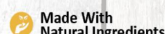
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*Fresh Seasonal or Chilled
Cupped Fruits & Vegetables
Offered Daily*

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*)