

Breakfast Menu

Windsor Locks High School

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 Bacon, Egg and Cheese Breakfast Sandwich 🌻
Fresh Apple
100% Orange
Tangerine 🍎 🍊 🍊

6 Mini Blueberry Pancakes
With Syrup
Fresh Pear
Dried Cranberries

7 Egg and Cheese Sandwich 🌱
Fresh Orange 🍊
100% Apple Juice 🍏

8 Fluffy Whole Grain Waffles 🌱
Syrup
Fresh Banana 🍌
Diced Pear Cup

9 Whole Grain Pancakes with Sausage
Fresh Apple
100% Juice Fruit Punch 🍌 🍎 🍊

12 Fluffy Whole Grain Pancakes 🌱
With Syrup
Or Yogurt and Nutrigrain Bar 🌱 🌻
Fresh Apple
100% Orange
Tangerine 🍎 🍊 🍊

13 Mini Blueberry Pancakes
With Syrup
Fresh Pear
Dried Cranberries

14 Egg and Cheese Sandwich 🌱
Fresh Orange 🍊
100% Apple Juice 🍏

15 Fluffy Whole Grain Waffles 🌱
Syrup
Fresh Banana 🍌
Diced Pear Cup

16 Whole Grain Biscuit With Sausage Patty And American Cheese
Fresh Apple
100% Juice Fruit Punch 🍌 🍎 🍊

19 Bacon, Egg and Cheese Breakfast Sandwich 🌻
Fresh Apple
100% Orange
Tangerine 🍎 🍊 🍊

20 Mini Blueberry Pancakes
With Syrup
Fresh Pear
Dried Cranberries

21 Egg and Cheese Sandwich 🌱
Fresh Orange 🍊
100% Apple Juice 🍏

22 Fluffy Whole Grain Waffles 🌱
Syrup
Fresh Banana 🍌
Diced Pear Cup

23 Whole Grain Biscuit With Sausage Patty And American Cheese
Fresh Apple
100% Juice Fruit Punch 🍌 🍎 🍊

26 Bacon, Egg and Cheese Breakfast Sandwich 🌻
Fresh Apple
100% Orange
Tangerine 🍎 🍊 🍊

27 Mini Blueberry Pancakes
With Syrup
Fresh Pear
Dried Cranberries

28 Egg and Cheese Sandwich 🌱
Fresh Orange 🍊
100% Apple Juice 🍏

29 Fluffy Whole Grain Waffles 🌱
Syrup
Fresh Banana 🍌
Diced Pear Cup

30 Whole Grain Biscuit With Sausage Patty And American 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.

Milk Choices:

Fat Free Chocolate

1% White

Assorted 100% Juice Variety

Available Daily

Whole Grain, Reduced Sugar Cereal: Cinnamon Toast Crunch, Trix, Cocoa Puffs

Whole Grain Honeybun, Whole Grain Blueberry or Chocolate Chip Muffins

Fresh Assorted Seasonal Fruits & Chilled Fruit Cups

