Breakfast Menu

Windsor Locks High School

December 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Grilled Cheese Sandwich Meltdown Café Fresh Banana Diced Pear Cup Dried Cranberries	2 Egg and Cheese Sandwich Fresh Orange 100% Apple Juice	3 Chicken Mini Maple Flavored Waffles Fresh Banana Diced Pear Cup Dried Cranberries	4 Whole Grain Biscuit With Sausage Patty And American Cheese Or Whole Grain Donut Fresh Apple 100% Juice Fruit Punch
7 Bacon, Egg and Cheese Breakfast Sandwich Fresh Apple 100% Orange Tangerine Juice	8 Grilled Cheese Sandwich Meltdown Café Fresh Banana Diced Pear Cup Dried Cranberries	9 Egg and Cheese Sandwich Fresh Orange 100% Apple Juice	10 Chicken Mini Maple Flavored Waffles Fresh Banana Dried Cranberries Diced Pear Cup	11 Whole Grain Biscuit With Sausage Patty And American Cheese Or Whole Grain Donut Fresh Apple 100% Juice Fruit Punch
14 Bacon, Egg and Cheese Breakfast Sandwich Fresh Apple 100% Orange Tangerine Juice	15 Grilled Cheese Sandwich Meltdown Café Fresh Banana Dried Cranberries Diced Pear Cup	16 Egg and Cheese Sandwich Fresh Orange 100% Apple Juice	17 Chicken Mini Maple Flavored Waffles Fresh Banana Dried Cranberries Diced Pear Cup	18 Whole Grain Biscuit With Sausage Patty And American Cheese Or Whole Grain Donut Fresh Apple 100% Juice Fruit Punch
21 Bacon, Egg and Cheese Breakfast Sandwich Fresh Apple 100% Orange Tangerine Juice	22 Grilled Cheese Sandwich Meltdown Café Fresh Banana Dried Cranberries Diced Pear Cup	23 Egg and Cheese Sandwich Fresh Orange 100% Apple Juice	24 	25 
28 	29 	30 	31 	



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

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