

WINDHAM PUBLIC SCHOOLS GRADES K-12

Have a Great School Year!

All Students Receive Free Breakfast at Windham Public Schools!!

Fresh Fruit Offered with All Meals Daily
Menu subject to Change.

BREAKFAST Menu

August-December 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Assorted Cereal 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Chocolate Chip Muffin 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Mini Breakfast Loaves 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Sausage & Cheese on a Honey Biscuit 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Dutch Waffle 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit
2	Assorted Cereal 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	WG Pop Tart 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Mini WG donuts 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Bagel w/ Cream Cheese 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Yogurt 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit
3	Assorted Cereal 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	WG Cinnamon Roll 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Sausage and Cheese on a Honey Biscuit 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Chocolate Chip Muffin 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Dutch Waffle 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit
4	Assorted Cereal 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	WG Pop Tart 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Mini WG Donuts 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Bagel w/ Cream Cheese 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit	Yogurt 100% Fruit Juice, 1% White or Fat Free Chocolate Milk Fresh Fruit

No School

October 6th & 9th

November 10th
& Nov 22-24

December 25th-
29th



NUTRITION BITES

• Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19¹

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

S	M	T	W	T	F	S
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

If you are seeking food modifications for your child, please contact your school nurse, or you may contact the Food Service Director at evolle@windham.k12.ct.us. All potential food modifications must be assessed on an individual case-by-case basis and be compliant with state and federal regulations. This institution is an equal opportunity employer.