



Winner Breakfast Menu

September
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School 	3 Cheesy Ham Melt Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	4 Scrambled Egg Whole Grain Toast Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	5 Pop-Tart Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	6 Mini-Cinnis Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk
9 Brekkie Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	10 Sausage Breakfast Pizza Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	11 Banana Chocolate Loaf Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	12 Frosted Long John Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	13 Student /Staff Friday
16 Mini Eggo Waffles Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	17 Chicken Breakfast Biscuit Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	18 Breakfast Burrito Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	19 Mini Donut Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	20
23 Apple Frudel Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	24 Pancake on a Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	25 Coffee Cake Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	26 Frosted Long John Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	27 Homecoming Strawberry Cream Cheese Filled Bagel Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk
30 French Toast Sticks Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	1			

PRICES

Student	\$2.00
Extra Entree	\$1.05
Milk	\$0.50
Adult	\$2.85

EXTRA INFO

1% white or fat free chocolate milk included with a meal. Any questions or concerns, please contact Erin Miller at 605.842.8146



Your MENUS plus more information on our app
Taher Food4Life®



www.taher.com

Winner Middle & High School Lunch Menu

September
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Local Beef Beefy Nachos w/Cheese Sauce Grilled Ham & Cheese Sandwich Pizza Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk	4 Local Beef Baked Potato Bar Sloppy Joe on a Bun Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	5 Cheesebread Dunkers Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	6 Meatballs and Gravy Brown Rice BBQ Rib Sandwich Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad
9 Max Stix Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Beef Taco Salad	10 Local Beef Taco Pinwheels Emoji Waffles Pork Sausage Link Pizza Mixed Vegetables Fruit and Veggie Bar Choice of Milk Beef Taco Salad	11 Orange Chicken Brown Rice Crispy Chicken Sandwich Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Beef Taco Salad	12 Brownie Comes With Lunch! Corn Dog Cheeseburger on a Bun Pizza Baked Beans Fruit and Veggie Bar Choice of Milk Beef Taco Salad	13 HOM-Tomato & Marjoram
16 Local Beef Pasta with Meat Sauce Garlic Breadstick Turkey Deli Sandwich Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Chef Salad	17 Local Beef Soft Beef Tacos Beef Hot Dog on a Bun Pizza Refried Beans Fruit and Veggie Bar Choice of Milk Chef Salad	18 Baked Potato Bar Grilled Cheese Sandwich Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Chef Salad	19 Popcorn Chicken Bowl Pulled Pork Sandwich Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Chef Salad	20 HOM - Zucchini
23 Macaroni & Cheese Spicy Chicken Patty on Bun Pizza Potato Wedges Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	24 Local Beef Beefy Nachos w/Cheese Sauce Italian Stromboli Pizza Black Beans Fruit and Veggie Bar Choice Of Milk Turkey BLT Salad	25 Local Beef Beef Chili Cornbread Bowl Cheese & Pepperoni Flatbread Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	26 Mini Corn Dogs Buffalo Chicken Wrap Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	27 Homecoming Sack Lunch
30 Chicken Alfredo w/Pasta Garlic Breadstick Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza Roasted Zucchini Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	1			

PRICES

Student	\$3.10
Reduced	\$0.40
Extra Milk	\$0.50
Extra Entree	\$1.60
Adult Lunch	\$5.00

EXTRA INFO

We would like to send a huge THANK YOU to our local beef producers who have donated beef to our schools. The students, staff and community greatly appreciate you! The following families are this years donors the LaCompte's, Jorgensen's, Fenenga's, and Tritle's.

HARVEST OF



THE MONTH

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Winner Elementary Lunch

September
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School 	3 Local Beef Beefy Nachos w/Cheese Sauce Grilled Ham & Cheese Sandwich Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk	4 Local Beef Meatballs and Gravy Brown Rice Sloppy Joe on a Bun Mixed Vegetables Fruit and Veggie Bar Choice of Milk	5 Cheesecake Dunkers Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Peas Fruit and Veggie Bar Choice of Milk	6 Pepperoni Pizza BBQ Rib Sandwich Steamed Corn Fruit and Veggie Bar Choice of Milk
9 Max Stix Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Peas Fruit and Veggie Bar Choice of Milk	10 Local Beef Emoji Waffles Pork Sausage Link Taco Pinwheels Steamed Corn Fruit and Veggie Bar Choice of Milk	11 Sweet & Sour Chicken Brown Rice Crispy Chicken Sandwich Steamed Carrots Fruit and Veggie Bar Choice of Milk	12 Cheese Pizza Cheeseburger on a Bun Baked Beans Fruit and Veggie Bar Choice of Milk	13
16 Beef Hot Dog on a Bun Turkey Deli Sandwich French Fries Fruit and Veggie Bar Choice of Milk	17 Local Beef Soft Beef Tacos Mini Corn Dogs Black Beans Fruit and Veggie Bar Choice of Milk	18 Local Beef Pasta with Meat Sauce Garlic Breadstick Grilled Cheese Sandwich Steamed Green Beans Fruit and Veggie Bar Choice of Milk	19 Pepperoni Pizza Pulled Pork Sandwich Carrots Fruit and Veggie Bar Choice of Milk	20 HOM - Zucchini
23 Macaroni & Cheese Crispy Chicken Wrap Steamed Peas Fruit and Veggie Bar Choice of Milk	24 Local Beef Beefy Nachos w/Cheese Sauce Italian Stromboli Refried Beans Fruit and Veggie Bar Choice of Milk	25 Cheese & Pepperoni Flatbread Beef Hot Dog on a Bun Mixed Vegetables Fruit and Veggie Bar Choice of Milk	26 Sausage & Pepperoni Pizza Crispy Chicken Sandwich Steamed Corn Fruit and Veggie Bar Choice of Milk	27 Homecoming Corn Dog Steamed Carrots Fruit and Veggie Bar Choice of Milk
30 Chicken Alfredo w/Pasta Garlic Breadstick Crispy Chicken Nuggets Whole Grain Dinner Roll Roasted Zucchini Fruit and Veggie Bar Choice of Milk	1			This is for Food 4 Thought

PRICES	Student	\$3.00
	Extra Entree	\$1.60
	Reduced	\$0.40
	Adult	\$5.00
	Extra Entree	\$1.60

EXTRA INFO

Sending a huge THANK YOU to all of our local beef producers who have donated to the schools beef program! The students, staff and community greatly appreciate you! The following families are this years donors the LaCompte's, Jorgensen's, Fenenga's, and Tritle's.



Your **MENUS** plus more information on our app **TaHer Food4Life®**

www.taHer.com

Winner September 24 Breakfast

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
Apple Frudel	1 each	210	36 g	5 g	6 g	1.5 g	0 mg	280 mg	2 g	n/a	55	0	0 mg	1.08 mg	X		X		X					
Banana Chocolate Loaf	1 each	280	34 g	4 g	16 g	4.5 g	50 mg	210 mg	3 g	n/a	100	1.2	40 mg	1.08 mg	X	X	X		X					
Breakfast Burrito	1 each	327	26.373	19.196	15.019	5.47	255.302	702.842	4.126	2.665	163.143	0.018	129.576	2.683	X	X	X		X					
Brekkie	1 each	360	52	6	15	7	20	340	4 g	26	0	0	30	1.9	X	X	X		X					
Cheese Stick	each	90	0 g	7 g	7 g	5 g	20 mg	95 mg	0 g	n/a	400	0	250 mg	2.7 mg					X					
Cheesy Ham Melt	1 sandwich	212	14 g	14 g	12.13 g	7.08 g	45 mg	598 mg	2 g	n/a	307	0	243 mg	0.18 mg	X		X		X					
Chicken Breakfast Biscuit	1 sandwich	396	53 g	11 g	15.32 g	10 g	33 mg	719 mg	3 g	n/a	77	0	163 mg	2.28 mg	X	X	X		X					
Choice of Cereal	1 serving	83	18 g	1 g	0.2 g	0 g	0 mg	138 mg	1 g	n/a	485	7.02	32 mg	4.5 mg	X									
Choice of Milk	8 oz	110	11 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X					
Coffee Cake	1 slice	290	53 g	4 g	7.62 g	1.88 g	20 mg	249 mg	2 g	n/a	129	10.91	63 mg	0.97 mg	X	X	X		X					
French Toast Sticks	3 each	210	32 g	10 g	5 g	1 g	140 mg	370 mg	3 g	n/a	160	0	23 mg	1.83 mg	X	X	X		X					
Frosted Long John	1 each	310	38 g	6 g	16 g	7.5 g	0 mg	355 mg	3 g	n/a	0	0	20 mg	1.62 mg	X	X	X		X					
Fruit or Juice Selection	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg										
Fruit or Juice Selection	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg										
Fruit or Juice Selection	4 fl oz	60	14g	0g	0g	0g	0mg	15mg	0g	14g	0	20	0mg	0mg										
Fruit or Juice Selection	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg										
Fruit or Juice Selection	each	90	23 g	1 g	0.33 g	0.11 g	0 mg	1 mg	3 g	n/a	65	8.79	5 mg	0.26 mg										
Goldfish Graham Crackers	1 package	120	19 g	1 g	4 g	1 g	0 mg	135 mg	1 g	n/a	200	1.2	100 mg	1.44 mg	X		X							
Mini Donut	3 donuts	150	19 g	2 g	8 g	3.5 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1.08 mg	X	X	X		X					
Mini Eggo Waffles	1 pouch	200	35 g	5 g	5 g	1.5 g	0 mg	270 mg	4 g	n/a	500	0	100 mg	2.7 mg	X	X	X		X					
Mini-Cinnis	1 package	240	39 g	5 g	7 g	1.5 g	0 mg	270 mg	2 g	n/a	0	0	40 mg	1.44 mg	X		X		X					
Pancake on a Stick	1 each	210	23 g	9 g	10 g	3.5 g	15 mg	470 mg	1 g	n/a	0	0	0 mg	1.08 mg	X	X	X							
Pop-Tart	each	359	76 g	5 g	6 g	1.9 g	0 mg	396 mg	6 g	n/a	*n/a*	0	*n/a* mg	*n/a* mg	X		X							
Sausage Breakfast Pizza	1 each	230	23 g	10 g	11 g	6 g	55 mg	450 mg	1 g	n/a	200	0	150 mg	1.44 mg	X	X	X		X					
Scrambled Egg	1/4 cup	78	1 g	7 g	5.12 g	1.55 g	214 mg	128 mg	0 g	n/a	91	0.2	40 mg	0.01 mg		X			X					
Strawberry Cream Cheese Filled Bagel	1 package	240	41 g	6 g	6 g	2.5 g	10 mg	180 mg	2 g	n/a	100	0	20 mg	1.08 mg	X		X		X					
Whole Grain Toast	1 slice	80	16 g	4 g	1 g	0 g	0 mg	95 mg	2 g	n/a	0	0	40 mg	0.72 mg	X		X							X

