



# Winner Breakfast Menu

October  
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b>  Mini French Toast  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>1</b>  Sausage Breakfast Pizza  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>2</b>  Banana Chocolate Loaf Cheese Stick  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>3</b>  Cinnamon Roll  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>4</b>  Student/Staff Friday
<b>7</b>  Mini French Toast  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>8</b>  Biscuits & Gravy  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>9</b>  Breakfast Flatbread  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>10</b>  Frosted Long John  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>11</b>  Student/Staff Friday
<b>14</b>  Strawberry Cream Cheese Filled Bagel  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>15</b>  Brekkie  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>16</b>  Easy Egg Bake Whole Grain Toast  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>17</b>  Mini-Cinnis  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>18</b>  Student/Staff Friday
<b>21</b>  Apple Frudel  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>22</b>  Breakfast Sandwich  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>23</b>  Blueberry Muffin Cheese Stick  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>24</b>  Frosted Long John  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>25</b>  Student/Staff Friday
<b>28</b>  Sausage Breakfast Pizza  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>29</b>  Pancake on a Stick  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>30</b>  Breakfast Burrito  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>31</b>  Cinnamon Roll  Choice of Cereal Goldfish Graham Crackers  Fruit or Juice Selection Choice of Milk	<b>1</b>  Student/Staff Friday

<b>PRICES</b>	Student	\$2.00
	Extra Entree	\$1.05
	Milk	\$0.50
	Adult	\$2.85
	Reduced Breakfast	\$0.30

**EXTRA INFO**

1% white or fat free chocolate milk is included with each meal.



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# Winner Elementary Lunch

October  
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b>  	<b>1</b> <b>Local Beef</b>  Taco Burger  BBQ Rib Sandwich  Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk	<b>2</b> <b>Local Beef</b>  Tater Tot Casserole Whole Grain Dinner Roll Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Green Beans Fruit and Veggie Bar Choice of Milk	<b>3</b>  Cheese Pizza  Cheeseburger on a Bun  Steamed Carrots Fruit and Veggie Bar Choice of Milk	<b>4</b>  
<b>7</b>  Max Stix Marinara Sauce Spicy Chicken Patty on Bun  Steamed Corn Fruit and Veggie Bar Choice of Milk	<b>8</b> <b>Grilling Day!!</b>  Hamburger on a Bun Chips Cookie Baked Beans, Vegetarian Fruit and Veggie Bar Choice of Milk	<b>9</b> <b>Local Beef</b>  Roasted Chicken Legs  Sloppy Joe on a Bun  Steamed Carrots Fruit and Veggie Bar Choice of Milk	<b>10</b> <b>HOM - Apples &amp; Cinnamon</b>  Pepperoni Pizza  Corn Dog  Steamed Green Beans Fruit and Veggie Bar Choice of Milk	<b>11</b>  
<b>14</b> <b>Local Beef</b>  Pizza Bake  Grilled Cheese Sandwich  Steamed Peas Fruit and Veggie Bar Choice of Milk	<b>15</b> <b>Local Beef</b>  Beefy Nachos w/Cheese Sauce  French Toast Sticks Easy Egg Bake Steamed Corn Fruit and Veggie Bar Choice of Milk	<b>16</b>  Cheesebread Dunkers Marinara Sauce Crispy Chicken Sandwich  Steamed Carrots Fruit and Veggie Bar Choice of Milk	<b>17</b>  Sausage Pizza  Beef Hot Dog on a Bun  Baked Beans, Vegetarian Fruit and Veggie Bar Choice of Milk	<b>18</b>  
<b>21</b> <b>Local Beef</b>  Pasta with Meat Sauce Cheesy Garlic Toast Turkey Deli Sandwich  Steamed Green Beans Fruit and Veggie Bar Choice of Milk	<b>22</b> <b>Local Beef</b>  Soft Beef Tacos  Crispy Chicken Nuggets Whole Grain Dinner Roll Black Beans Fruit and Veggie Bar Choice of Milk	<b>23</b> <b>Local Beef</b>  Burger and Fry Bake  BBQ Rib Sandwich  Steamed Carrots Fruit and Veggie Bar Choice of Milk	<b>24</b>  Cheese Pizza  Italian Meatball Sub  Steamed Peas Fruit and Veggie Bar Choice of Milk	<b>25</b> <b>HOM - Kale</b>  
<b>28</b>  Macaroni & Cheese  Crispy Chicken Wrap  Roasted Broccoli Fruit and Veggie Bar Choice of Milk	<b>29</b> <b>Local Beef</b>  Beefy Nachos w/Cheese Sauce  Italian Stromboli  Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk	<b>30</b>  Meatballs and Gravy Brown Rice Hot Ham and Cheese  Steamed Green Beans Fruit and Veggie Bar Choice of Milk	<b>31</b>  Pepperoni Pizza  Cheeseburger on a Bun  Roasted Carrots Fruit and Veggie Bar Choice of Milk	<b>1</b>  

<b>PRICES</b>	Student	\$3.00
	Extra Entree	\$1.60
	Reduced Lunch	\$0.40
	Adult	\$5.00
	Milk	\$0.50

**EXTRA INFO** 1% white or skim chocolate milk is include with each meal.



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# Winner Middle & High School Lunch Menu

October  
2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b>  	<b>1</b> <b>Local Beef</b>  Taco Burger  BBQ Rib Sandwich  Pizza  Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	<b>2</b> <b>Local Beef</b>  Tater Tot Casserole Whole Grain Dinner Roll Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Steamed Green Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	<b>3</b> <b>Local Beef</b>  Beef Stroganoff Whole Grain Dinner Roll Cheeseburger on a Bun  Pizza  Steamed Carrots Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	<b>4</b>  
<b>7</b>  Max Stix Marinara Sauce Spicy Chicken Patty on Bun  Pizza  Steamed Green Beans Fruit and Veggie Bar Choice of Milk Chef Salad	<b>8</b> <b>Local Beef</b>  Soft Beef Tacos  BBQ Pulled Pork Sandwich  Pizza  Refried Beans Fruit and Veggie Bar Choice of Milk Chef Salad	<b>9</b> <b>Grilling Day!!</b>  Hamburger on a Bun Chips Cookie Baked Beans, Vegetarian Fruit and Veggie Bar Choice of Milk Chef Salad	<b>10</b> <b>HOM - Apples &amp; Cinnamon</b>  Popcorn Chicken Bowl  Corn Dog  Pizza  Steamed Corn Fruit and Veggie Bar Choice of Milk Chef Salad	<b>11</b>  
<b>14</b> <b>Local Beef</b>  Pizza Bake Garlic Breadstick Grilled Cheese Sandwich  Pizza  Steamed Peas Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	<b>15</b> <b>Local Beef</b>  Beefy Nachos w/Cheese Sauce  French Toast Sticks Easy Egg Bake Pizza  Steamed Corn Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	<b>16</b>  Cheesebread Dunkers  Crispy Chicken Sandwich  Pizza  Steamed Carrots Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	<b>17</b>  Chicken Pot Pie Biscuit Beef Hot Dog on a Bun  Pizza  Baked Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	<b>18</b>  
<b>21</b> <b>Local Beef</b>  Pasta with Meat Sauce Cheesy Garlic Toast Turkey Deli Sandwich  Pizza  Steamed Green Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>22</b> <b>Local Beef</b>  Soft Beef Tacos  Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza  Black Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>23</b>  Baked Potato Bar  BBQ Rib Sandwich  Pizza  Roasted Broccoli Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>24</b> <b>Local Beef</b>  Burger and Fry Bake  Italian Meatball Sub  Pizza  Steamed Carrots Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>25</b> <b>HOM - Kale</b>  
<b>28</b>  Macaroni & Cheese  Crispy Chicken Wrap  Pizza  Steamed Peas Fruit and Veggie Bar Choice of Milk Chicken Taco Salad	<b>29</b> <b>Local Beef</b>  Beefy Nachos w/Cheese Sauce  Italian Stromboli  Pizza  Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk Chicken Taco Salad	<b>30</b>  Meatballs and Gravy Brown Rice Hot Ham and Cheese  Pizza  Steamed Green Beans Fruit and Veggie Bar Choice of Milk Chicken Taco Salad	<b>31</b> <b>Mini Rice Krispie With Lunch</b>  Roasted Chicken Legs Whole Grain Dinner Roll Hamburger on a Bun  Pizza  Steamed Carrots Fruit and Veggie Bar Choice of Milk Chicken Taco Salad	<b>1</b>  

**PRICES**

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

**EXTRA INFO**

Milk Choices of 1% White or Skim Chocolate are included with your lunch.

**HARVEST OF**



**THE MONTH**

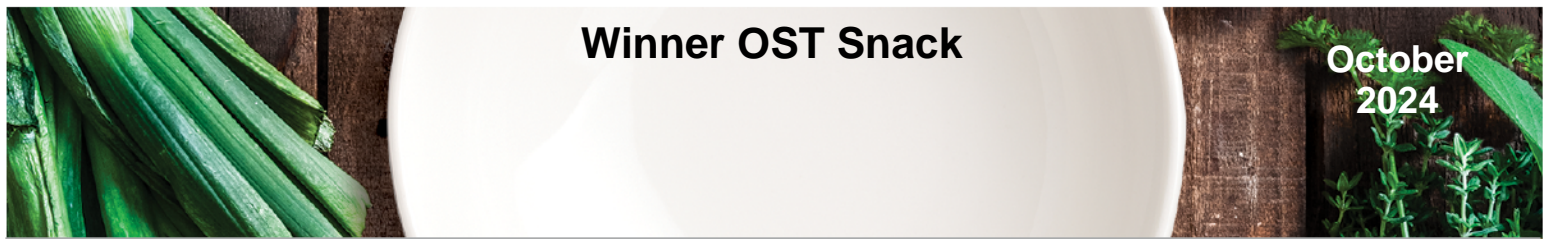
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# Winner OST Snack

October  
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 Cheese Stick Graham Crackers	2 Yogurt Fresh Apple	3 Pretzels Milk	4
7 Cherry Frudel Milk	8 Goldfish Crackers Milk	9 Nut or Seed Butter Fresh Apple	10 Fun with D&J Crackers Milk	11
14 Snack Bread Milk	15 Mini French Toast or Waffle Milk	16 Yogurt Scooby Snacks	17 Pretzels Cheese Stick	18
21 Muffin Milk	22 Goldfish Crackers milk	23 Fresh Apple Nut or Seed Butter	24 Fun with D&J Crackers Milk	25
28 Snack Bread Milk	29 Cheese Stick Graham Crackers	30 Strawberry Banana Yogurt Fresh Apple	31 Un crustable milk	1

PRICES

EXTRA INFO

HARVEST OF



THE MONTH

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# Winner Breakfast October 24

## 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					
Biscuits & Gravy	1/2 c & 1 biscuit	255	22 g	12 g	13.98 g	5.12 g	46 mg	389 mg	1 g	n/a	464	1.01	263 mg	1.35 mg	X	X	X		X					
Blueberry Muffin	1 each	197	30 g	3 g	7.78 g	1.96 g	12 mg	245 mg	3 g	n/a	113	0	38 mg	0.68 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					
Breakfast Flatbread	64 sandwich	363	16 g	27 g	21.22 g	7.56 g	314 mg	711 mg	2 g	n/a	531	0.09	321 mg	2.38 mg	X	X	X		X					
Breakfast Sandwich	1 sandwich	264	28 g	16 g	10 g	4 g	61 mg	686 mg	1 g	n/a	125	0	126 mg	145 mg	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					
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					
Cinnamon Roll	1 each	190	33 g	5 g	5 g	2 g	15 mg	210 mg	3 g	n/a	100	0	20 mg	1.44 mg	X	X	X		X					
Easy Egg Bake	serving	213	4 g	21 g	12.51 g	4.57 g	420 mg	545 mg	0 g	n/a	163	0.2	164 mg	0.02 mg		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										
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 French Toast	1 pouch	190	34 g	3 g	5 g	1 g	5 mg	370 mg	2 g	0	0	0	40 mg	1.08 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							
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					
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

# Winner Elementary Lunch October 24

## 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
Baked Beans, Vegetarian	1/2 cup	115	23 g	5.5 g	0.5 g	0 g	0 mg	424 mg	3.7 g	9.3	0	0	0 mg	0 mg										
BBQ Rib Sandwich	1 sandwich	320	38 g	19 g	12 g	4 g	30 mg	630 mg	7 g	9 g	100	1.2	60 mg	3.78 mg	X		X							
Beef Hot Dog on a Bun	each	330	28 g	12 g	19 g	7 g	40 mg	740 mg	2 g	n/a	5	12	150 mg	2.52 mg	X		X							X
Beefy Nachos w/Cheese Sauce	serving	431	33 g	15 g	25.05 g	6.92 g	42 mg	545 mg	3 g	n/a	101	1.96	66 mg	1.5 mg			X		X					
Black Beans	1/2 cup	155	25.938	9.052	1.664	0	0	285.58	8.764	2.62	0	0	56.33	2.214										
Brown Rice	1/2 cup	101	34 g	2.5 g	1g	0g	0 mg	3 mg	1 g	0g	0	0	10 mg	0.41 mg										
Cheese Pizza	1 slice	368	41 g	18 g	14.67 g	5.55 g	23 mg	591 mg	3 g	n/a	243	0.55	308 mg	0.08 mg	X	X	X		X					
Cheesebread Dunkers	each	372	34 g	17 g	17.74 g	7.76 g	23 mg	768 mg	3 g	n/a	771	6.07	475 mg	2.35 mg	X		X							
Cheeseburger on a Bun	1 each	318	28 g	21 g	13.5 g	5.5 g	48 mg	765 mg	3 g	3	150	0	195 mg	2.52 mg	X		X		X					
Cheesy Garlic Toast	2 slices	205	23 g	8 g	10.01 g	3.76 g	8 mg	365 mg	2 g	n/a	250	0	100 mg	1.44 mg	X	X	X		X					
Chips	package	140	19	2	6	1	0	120	3	0	0	0	0	0.36	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					
Cookie	1 cookie	80	14 g	1 g	3 g	1 g	5 mg	85 mg	1 g	n/a	100	0	0 mg	0.36 mg	X	X	X		X					
Corn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X	X	X							
Crispy Chicken Nuggets	5 nuggets	210	13 g	13 g	12 g	2 g	20 mg	320mg	2 g	n/a	135	1	2%mg	10%mg	X		X							
Crispy Chicken Sandwich	each	408	41 g	22 g	17 g	2.5 g	25 mg	560 mg	5 g	4 g	100	0	79 mg	2.9 mg	X		X							X
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	2.5 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X							
Crispy Chicken Wrap	1 each	355	33 g	20 g	15.89 g	6.29 g	54 mg	646 mg	6 g	n/a	252	0.75	181 mg	1.5 mg	X		X		X					
Easy Egg Bake	serving	109	2 g	11 g	6.39 g	2.37 g	210 mg	278 mg	0 g	n/a	86	0.1	89 mg	0.01 mg		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					
Fruit and Veggie Bar	1/2 cup	70	17	0	0	0	0	10	0	11	200	1.2	6	0										
Fruit and Veggie Bar	1/2 cup	90	21	1	0	0	0	0	1	20	0	6	0	0.36										
Fruit and Veggie Bar	1/4 cup	12	2 g	0 g	0 g	0 g	0 mg	0 mg	*n/a* g	n/a	0	0	7 mg	0.2 mg										
Fruit and Veggie Bar	1/4 cup	12	3 g	0 g	0.05 g	0.01 g	0 mg	27 mg	1 g	n/a	4848	0.91	11 mg	0.31 mg										
Fruit and Veggie Bar	1/4 cup	4	1 g	0 g	0.06 g	0.03 g	0 mg	1 mg	0 g	n/a	26	1.17	5 mg	0.08 mg										
Fruit and Veggie Bar	1/4 cup	5	1 g	0 g	0.05 g	0.01 g	0 mg	26 mg	1 g	n/a	145	1	13 mg	0.06 mg										
Fruit and Veggie Bar	1/4 cup	6	1 g	0 g	0 g	0 g	0 mg	7 mg	0 g	n/a	0	14.64	5 mg	0.09 mg										
Grilled Cheese Sandwich	sandwich	373	34 g	16 g	20.95 g	9.69 g	38 mg	660 mg	4 g	n/a	571	0	524 mg	1.71 mg	X		X		X					
Hamburger on a Bun	each	250	24 g	17 g	8.5 g	3.5 g	35 mg	510 mg	2 g	n/a	0	0	120 mg	2.52 mg	X		X							
Hot Ham and Cheese	sandwich	350	31 g	15 g	20.66 g	8.49 g	43 mg	1188 mg	1 g	n/a	422	6.08	40 mg	1.58 mg	X		X		X					
Italian Meatball Sub	1 sandwich	357	27 g	17 g	19.95 g	7.77 g	48 mg	608 mg	3 g	n/a	342	5.2	277 mg	2.72 mg	X		X		X					
Italian Stromboli	each	386	41 g	19 g	17.98 g	7.41 g	49 mg	1025 mg	6 g	n/a	937	2.4	288 mg	1.91 mg	X	X	X		X					
Macaroni & Cheese	1 cup	501	46 g	21 g	25.73 g	12.59 g	55 mg	1043 mg	6 g	n/a	1303	10.71	305 mg	1.79 mg	X		X		X					
Marinara Sauce	1/2 cup	60	11 g	2 g	1.12 g	0.2 g	0 mg	140 mg	0 g	n/a	419	4.9	25 mg	1.12 mg										
Max Stix	2 each	320	32 g	14 g	14 g	4 g	20 mg	780 mg	2 g	n/a	0	0	200 mg	1.44 mg	X		X		X					
Meatballs and Gravy	5 meat balls 1/4 c gravy	241	6 g	12 g	18.39 g	7.51 g	50 mg	712 mg	0 g	n/a	84	2.02	23 mg	1.26 mg	X		X		X					
Pasta with Meat Sauce	3 oz sce/.5 cup	276	30.82g	17.776g	8.326g	3.125g	43.394mg	179.19mg	2.715g	2.823g	202.962	3.253	24.673mg	3.476mg	X									
Pepperoni Pizza	1 slice	383	37 g	20 g	16.96 g	7.07 g	32 mg	788 mg	1 g	n/a	243	0.55	308 mg	2.42 mg	X	X	X		X					
Pizza Bake	serving	315	28 g	18 g	14.74 g	4.94 g	52 mg	783 mg	4 g	n/a	820	12.92	166 mg	2.96 mg	X		X		X					
Roasted Broccoli	1/2 cup	26	5.264	2.622	0.002	0.001	0	58.678	1.757	1.745	0.262	115.143	35.104	0.633			X							
Roasted Carrots	1/2 cup	61	9.344	0.726	2.582	0.287	0	144.007	3.289	5.398	15637.6	2.948	36.287	1.009										
Roasted Chicken Legs	each	132	1 g	16 g	8.25 g	1.66 g	85 mg	112 mg	0 g	n/a	18	0.41	1 mg	0.03 mg										
Sausage Pizza	1 slice	384	41 g	20 g	15.66 g	5.92 g	27 mg	670 mg	3 g	n/a	243	0.7	313 mg	0.22 mg	X	X	X		X					
Sloppy Joe on a Bun	1 sandwich	301	32 g	20 g	9.97 g	3.71 g	49 mg	433 mg	2 g	n/a	528	3.89	117 mg	3.2 mg	X		X							
Soft Beef Tacos	2 each	354	27 g	24 g	17.89 g	7.52 g	68 mg	365 mg	4 g	n/a	278	1.9	201 mg	1.85 mg	X		X		X					
Spiced Pinto Beans	1/2 cup	161	29.674	6.536	1.296	0	0	370.627	11.777	*1.296*	65	1.555	103.77	1.401										
Spicy Chicken Patty on Bun	each	360	41 g	21 g	13 g	2.5 g	55 mg	660 mg	4 g	n/a	500	0	220 mg	3.6 mg	X		X							
Steamed Carrots	1/2 cup	33	8 g	0 g	0.54 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	0.54 mg										
Steamed Corn	1/2 cup	92	19 g	3 g	0.92 g	0 g	0 mg	0 mg	1 g	n/a	0	3.31	0 mg	0 mg										
Steamed Green Beans	1/2 cup	30	6 g	2 g	0 g	0 g	0 mg	0 mg	2 g	n/a	0	0	34 mg	0.61 mg										
Steamed Peas	1/2 cup	74	13 g	5 g	0 g	0 g	0 mg	106 mg	4 g	n/a	426	6.38	0 mg	1.15 mg										
Taco Burger	1 each	419	33 g	23 g	20.25 g	6.76 g	70 mg	841 mg	2 g	n/a	954	0.91	318 mg	3.91 mg	X	X	X		X					
Tater Tot Casserole	1 serving	392	34 g	15 g	21.42 g	6.01 g	43 mg	880 mg	4 g	n/a	43	3.39	44 mg	1.73 mg	X		X		X					
Turkey Deli Sandwich	each	335	34 g	24 g	14.1 g	4.2 g	58 mg	1129 mg	4 g	n/a	1418	7.39	136 mg	15.26 mg	X		X		X					
Whole Grain Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	105 mg	2 g	n/a	5	0	20 mg	0.72 mg	X		X							



Steamed Corn	1/2 cup	92	19 g	3 g	0.92 g	0 g	0 mg	0 mg	1 g	n/a	0	3.31	0 mg	0 mg											
Steamed Green Beans	1/2 cup	30	6 g	2 g	0 g	0 g	0 mg	0 mg	2 g	n/a	0	0	34 mg	0.61 mg											
Steamed Peas	1/2 cup	74	13 g	5 g	0 g	0 g	0 mg	106 mg	4 g	n/a	426	6.38	0 mg	1.15 mg											
Taco Burger	1 each	419	33 g	23 g	20.25 g	6.76 g	70 mg	841 mg	2 g	n/a	954	0.91	318 mg	3.91 mg	X	X	X					X			
Tater Tot Casserole	1 serving	392	34 g	15 g	21.42 g	6.01 g	43 mg	880 mg	4 g	n/a	43	3.39	44 mg	1.73 mg	X		X					X			
Turkey BLT Salad	1 salad	495	7 g	28 g	36.58 g	10.45 g	80 mg	1391 mg	2 g	n/a	256	12.29	39 mg	6.21 mg	X	X	X					X			
Turkey Deli Sandwich	each	335	34 g	24 g	14.1 g	4.2 g	58 mg	1129 mg	4 g	n/a	1418	7.39	136 mg	15.26 mg	X		X					X			
Whole Grain Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	105 mg	2 g	n/a	5	0	20 mg	0.72 mg	X		X								
Whole Grain Dinner Roll	2 each	160	28g	8g	2g	0g	0mg	210mg	4g	2g	10	0	40mg	1.4mg	X		X								