



Winner Breakfast Menu

November
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4 Mini Eggo Waffles Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	5 Chicken Breakfast Biscuit Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	6 Breakfast Flatbread Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	7 Frosted Long John Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	8 Student/Staff Friday
11 Strawberry Cream Cheese Filled Bagel Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	12 Chocolate Chip Brekkie Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	13 Coffee Cake Cheese Stick Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	14 Mini Donut Cheese Stick Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	15
18 Mini Pancakes Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	19 Breakfast Sandwich Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	20 Blueberry Muffin Cheese Stick Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	21 Frosted Long John Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	22 Student/Staff Friday
25 Snack Bread Cheese Stick Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	26 Sausage Breakfast Pizza Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	27 Thanksgiving	28 Thanksgiving	29

PRICES

Student Breakfast	\$2.00
Extra Entree	\$1.05
Extra Milk	\$0.50
Adult Breakfast	\$2.85
Reduced Breakfast	\$0.30

EXTRA INFO

A choice of 1% white or skim chocolate milk is included with each breakfast.



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



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Winner Middle & High School Lunch Menu

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4	5 Local Beef	6 Local Beef	7 United Tastes of America	8
Max Stix Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza Steamed Green Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	Taco Pinwheels Beef Hot Dog on a Bun Pizza Black Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	Beef & Broccoli Stir Fry Brown Rice Crispy Chicken Sandwich Pizza Peas & Carrots Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	Country Fried Chicken & Gravy Whole Grain Dinner Roll Cheeseburger Pizza Mashed Potatoes Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	
11 HOM-Sweet Potato	12 Local Beef	13	14 Local Beef	15
Tangerine Chicken Brown Rice Corn Dog Pizza Sweet Potato Tots Fruit and Veggie Bar Choice of Milk Chef Salad	Beef Nachos Spicy Chicken Sandwich Pizza Refried Beans Fruit and Veggie Bar Choice of Milk Chef Salad	Baked Potato Bar Waffles Sausage Patty Pizza Broccoli Florets Fruit and Veggie Bar Choice of Milk Chef Salad	Beef Chili Cornbread Bowl Sloppy Joe on a Bun Pizza Mixed Vegetables Fruit and Veggie Bar Choice of Milk Chef Salad	
18	19 Local Beef	20 Brownie Served with Lunch!	21	22
Macaroni & Cheese Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Steamed Green Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	Soft Beef Tacos Ham, Egg & Cheese on Biscuit Pizza Baked Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	Roast Turkey & Gravy BBQ Pulled Pork Sandwich Pizza Mashed Potatoes Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	Popcorn Chicken Bowl Grilled Ham & Cheese Sandwich Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	
25	26 Noon Dismissal	27 No School	28 No School	29
Pasta with Meat Sauce Garlic Breadstick Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	Sack lunch			

PRICES

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

EXTRA INFO

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

HARVEST OF



THE MONTH

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Winner Elementary Lunch

November
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4 Max Stix Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Green Beans Fruit and Veggie Bar Choice of Milk	5 Taco Pinwheels Beef Hot Dog on a Bun Black Beans Fruit and Veggie Bar Choice of Milk	6 Crispy Chicken Sandwich Turkey BLT Wrap Peas & Carrots Fruit and Veggie Bar Choice of Milk	7 BBQ Chicken Pizza Country Fried Chicken&Gravy Whole Grain Dinner Roll Mashed Potatoes Fruit and Veggie Bar Choice of Milk	8
11 HOM-Sweet Potato Tangerine Chicken Brown Rice Corn Dog Sweet Potato Tots Fruit and Veggie Bar Choice of Milk	12 Local Beef Beef Nachos Spicy Chicken Sandwich Baked Beans Fruit and Veggie Bar Choice of Milk	13 Waffles Sausage Patty BBQ Pulled Pork Sandwich Steamed Corn Fruit and Veggie Bar Choice of Milk	14 Taco Pizza Hamburger on a Bun Mixed Vegetables Fruit and Veggie Bar Choice of Milk	15
18 Macaroni & Cheese Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Green Beans Fruit and Veggie Bar Choice of Milk	19 Local Beef Soft Beef Tacos Ham, Egg & Cheese on Biscuit Refried Beans Fruit and Veggie Bar Choice of Milk	20 Roast Turkey & Gravy Crispy Chicken Sandwich Mashed Potatoes Fruit and Veggie Bar Choice of Milk	21 Pepperoni Pizza Grilled Ham & Cheese Sandwich Steamed Corn Fruit and Veggie Bar Choice of Milk	22
25 Local Beef Pasta with Meat Sauce Garlic Breadstick Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Peas Fruit and Veggie Bar Choice of Milk	26 Noon Dismissal Beef Hot Dog on a Bun Baked Beans Fruit and Veggie Bar Choice of Milk	27 No School	28 No School	29

PRICES	Student Lunch	\$3.00
	Extra Entree	\$1.60
	Adult Lunch	\$5.00
	Extra Milk	\$0.50
EXTRA INFO	A choice of 1% white or skim chocolate milk is include with each meal. Have a happy and safe Thanksgiving holiday!	



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

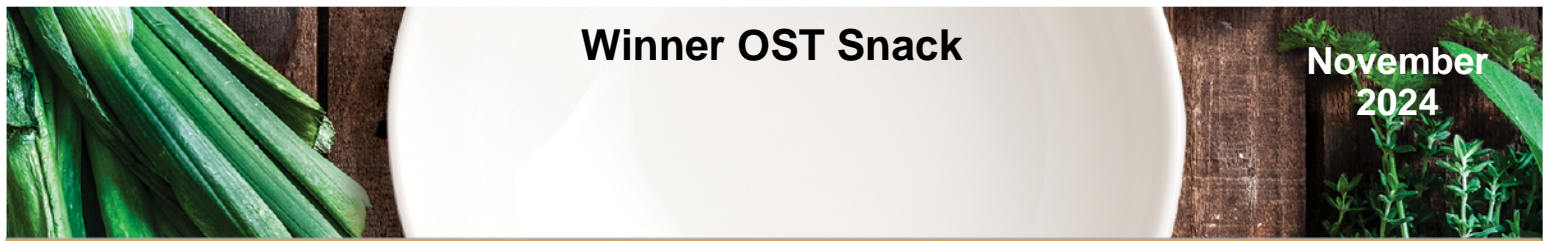


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Menus are subject to change without notice. This Institution is an equal opportunity provider.

Winner OST Snack

November
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
4 Yogurt Graham Crackers	5 Goldfish Crackers Milk	6 Nut or Seed Butter Fresh Apple	7 Fun with D&J Crackers Milk	8
11 Snack Bread Milk	12 Graham Crackers Cheese Stick	13 Grape Uncrustable Milk	14 Pretzels Cheese Stick	15
18 Frudel Milk	19 Goldfish Crackers Milk	20 Muffin Milk	21 Fun with D&J Crackers Milk	22
25 Snack Bread Milk	26 Noon Dismissal	27 Thanksgiving	28 Thanksgiving	29

PRICES

EXTRA INFO

HARVEST OF



THE MONTH

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Winner Breakfast November 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
Blueberry Muffin	each	220	27	4	11	2.5	50	220	2	15	0	0	40	0.9	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					
Cereal Choice	1 bowl	100	20 g	3 g	2 g	0.5 g	0 mg	140 mg	3 g	n/a	500	6	100 mg	8.1 mg										
Cereal Choice	1 bowl	110	23	1	2.5	0.00	0.00	160	1	6	1179	23	325	28										
Cereal Choice	1 bowl	110	22 g	1 g	3 g	0.5 g	0 mg	160 mg	2 g	6 g	400	4.8	80 mg	3.6 mg	X		X							
Cereal Choice	1 bowl	90	20 g	1 g	1 g	0 g	0 mg	130 mg	1 g	n/a	400	4.8	80 mg	3.6 mg	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					
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					
Chocolate Chip Brekkie	each	310	49	5	25	5	15	310	4	25	0	0	30	2	X	X	X		X					
Choice of Cereal	1 bowl	100	20 g	3 g	2 g	0.5 g	0 mg	140 mg	3 g	n/a	500	6	100 mg	8.1 mg										
Choice of Cereal	1 bowl	110	23	1	2.5	0.00	0.00	160	1	6	1179	23	325	28										
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					
Frosted Long John	1 each	302	38 g	6 g	14.7 g	6.85 g	0 mg	333 mg	2 g	13 g	0	0	20 mg	1.44 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 Donut	serving	320	41	5	15	7	0	270	2	19	n/a	n/a	n/a	n/a	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 Pancakes	1 pouch	220	37 g	4 g	6 g	0.5 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	0.72 mg	X	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					
Snack Bread	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					
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					

Winner MS/HS Lunch November 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	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										
Baked Potato Bar	each	406	36 g	21 g	19.61 g	12.15 g	73 mg	562 mg	3 g	n/a	721	10.76	265 mg	3.97 mg			X		X					
BBQ Pulled Pork Sandwich	each	323	38 g	15 g	12.76 g	3.75 g	54 mg	271 mg	3 g	n/a	716	0.81	167 mg	2.38 mg	X		X							X
Beef & Broccoli Stir Fry	1 cup	230	26 g	15 g	8.45 g	1.91 g	23 mg	262 mg	5 g	n/a	4544	39.09	66 mg	2.81 mg			X							
Beef Chili	1/2 cup	209	6 g	13 g	11.17 g	4.71 g	39 mg	302 mg	2 g	n/a	612	5.17	26 mg	1.9 mg										
Beef Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Beef Nachos	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										
Broccoli Florets	1/2 cup	24	5 g	2 g	0 g	0 g	0 mg	24 mg	2 g	n/a	0	106.92	32 mg	0.58 mg										
Brown Rice	1/2 cup	120	26.037	2.815	0	0	0	66.8	0	0	0	0	1.2	0.513										
Buffalo Chicken Salad	1 salad	529	38 g	24 g	30.37 g	7.33 g	49 mg	1094 mg	6 g	n/a	652	10.74	211 mg	3.37 mg	X		X		X					
Cheeseburger	each	310	29	20.5	15	6	37.5	735	3	3.5	100	0	130	2.52	X		X		X					
Chef Salad	1 salad	234	9 g	14 g	14.95 g	4.74 g	90 mg	965 mg	2 g	n/a	508	15.63	49 mg	1.17 mg	X	X	X		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					
Corn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X	X	X							
Cornbread Bowl	1 each	190	33	3	9.5	0.500	25	160	1	17	0	0	57	1	X	X	X		X					
Country Fried Chicken&Gravy	1 patty, gravy	410	29.555	30	19.185	4	70	981.426	4	0	100	0.6	40	2.88	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 Salad	each	406	20 g	23 g	23.79 g	8.53 g	80 mg	901 mg	4 g	n/a	701	12.72	266 mg	2.58 mg	X	X	X		X					
Crispy Chicken Sandwich	each	520	52	36	20.5	4	70	1030	6	3	100	0.6	100	3.96	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							
Fruit and Veggie Bar	1/2 cup	68	15.187	0.606	0.135	0	0	1.68	0.757	13.017	55.462	2.687	8.4	0.303										
Fruit and Veggie Bar	each	101	27.109	0.641	0.249	0.039	0	1.78	5.518	17.355	44.5	7.654	16.02	0.32										
Fruit and Veggie Bar	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										
Garlic Breadstick	each	150	22 g	4 g	5 g	1 g	0 mg	240 mg	1 g	n/a	0	0	0 mg	0.72 mg	X		X							
Grilled Ham & Cheese Sandwich	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					
Ham, Egg & Cheese on Biscuit	sandwich	329	30 g	14 g	16.79 g	9.96 g	127 mg	920 mg	2 g	n/a	245	0	314 mg	1.76 mg	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					
Mashed Potatoes	1/2 cup	67	14 g	2 g	0.84 g	0 g	0 mg	263 mg	1 g	n/a	0	25.13	19 mg	0.31 mg					X					
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					
Mixed Vegetables	1/2 cup	59	12 g	3 g	0 g	0 g	0 mg	32 mg	4 g	n/a	*n/a*	*n/a*	*n/a* mg	*n/a* mg										
Pasta with Meat Sauce	3 oz sce/.5 c	325	34.94g	22.253g	9.478g	3.473g	51.2mg	285.895mg	3.298g	9.069g	480	5.76	36.847mg	3.696mg	X									
Peas & Carrots	1/2 cup	48	9 g	2 g	0.4 g	0.07 g	0 mg	55 mg	4 g	n/a	7804	5.09	25 mg	0.88 mg										
Pizza	slice	264	15.362	15.197	11.488	6.473	36.885	440.092	0.575	10.47	125	0	250	0.406	X				X					
Popcorn Chicken Bowl	1 bowl	425	46 g	22 g	18 g	4 g	30 mg	995 mg	5 g	2 g	81 iu	26 mg	87 mg	2.5 mg	X		X		X					
Refried Beans	1/2 cup	118	20 g	7 g	1.6 g	0.6 g	10 mg	140 mg	7 g	n/a	0	7.6	44 mg	2.09 mg			X							
Roast Turkey & Gravy	1 serving	126	4 g	18 g	3.92 g	1.17 g	43 mg	803 mg	0 g	n/a	0	0.04	8 mg	0.09 mg	X		X		X					
Sausage Patty	1 each	100	0 g	3 g	10 g	3.5 g	20 mg	160 mg	0 g	n/a	0	0	0 mg	0 mg										
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					
Spicy Chicken Sandwich	each	330	38	22	11.5	2	35	640	4	3	0	1.2	60	2.88	X		X							
Steamed Corn	1/4 cup	46	10 g	1 g	0.46 g	0 g	0 mg	0 mg	0 g	n/a	0	1.66	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										
Sweet Potato Tots	1/2 cup	142	23.625	1.181	4.134	0	0	236.246	3.544	10.631	4134.3	1.417	23.625	0.472										
Taco Pinwheels	2 rolls	448	49 g	21 g	18.22 g	6.92 g	36 mg	1031 mg	5 g	n/a	283	0.64	189 mg	1.57 mg	X	X	X		X					
Turkey BLT Salad	1 salad	627	29 g	30 g	41.06 g	10.74 g	83 mg	1714 mg	3 g	n/a	256	7.34	31 mg	12.59 mg	X	X	X		X					
Waffles	2 waffles	220	33 g	4 g	7 g	1 g	0 mg	350 mg	5 g	n/a	0	0	40 mg	1.44 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							

Winner Elementary Lunch November 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	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 Chicken Pizza	slice	264	15.362	15.197	11.488	6.473	36.885	440.092	0.575	10.47	125	0	250	0.406	X				X					
BBQ Pulled Pork Sandwich	each	323	38 g	15 g	12.76 g	3.75 g	54 mg	271 mg	3 g	n/a	716	0.81	167 mg	2.38 mg	X		X							X
Beef Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Beef Nachos	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	120	26.037	2.815	0	0	0	66.8	0	0	0	0	1.2	0.513										
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					
Corn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X	X	X							
Country Fried Chicken&Gravy	1 patty, gravy	410	29.555	30	19.185	4	70	981.426	4	0	100	0.6	40	2.88	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	520	52	36	20.5	4	70	1030	6	3	100	0.6	100	3.96	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							
Fruit and Veggie Bar	1/2 cup	68	15.187	0.606	0.135	0	0	1.68	0.757	13.017	55.462	2.687	8.4	0.303										
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	each	101	27.109	0.641	0.249	0.039	0	1.78	5.518	17.355	44.5	7.654	16.02	0.32										
Fruit and Veggie Bar	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										
Garlic Breadstick	each	150	22 g	4 g	5 g	1 g	0 mg	240 mg	1 g	n/a	0	0	0 mg	0.72 mg	X		X							
Grilled Ham & Cheese Sandwich	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					
Ham, Egg & Cheese on Biscuit	sandwich	329	30 g	14 g	16.79 g	9.96 g	127 mg	920 mg	2 g	n/a	245	0	314 mg	1.76 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							
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										
Mashed Potatoes	1/2 cup	67	14 g	2 g	0.84 g	0 g	0 mg	263 mg	1 g	n/a	0	25.13	19 mg	0.31 mg					X					
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					
Mixed Vegetables	1/2 cup	59	12 g	3 g	0 g	0 g	0 mg	32 mg	4 g	n/a	*n/a*	*n/a*	*n/a* mg	*n/a* mg										
Pasta with Meat Sauce	3 oz scea/.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									
Peas & Carrots	1/2 cup	48	9 g	2 g	0.4 g	0.07 g	0 mg	55 mg	4 g	n/a	7804	5.09	25 mg	0.88 mg										
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					
Refried Beans	1/2 cup	118	20 g	7 g	1.6 g	0.6 g	10 mg	140 mg	7 g	n/a	0	7.6	44 mg	2.09 mg			X							
Roast Turkey & Gravy	1 serving	126	4 g	18 g	3.92 g	1.17 g	43 mg	803 mg	0 g	n/a	0	0.04	8 mg	0.09 mg	X		X		X					
Sausage Patty	1 each	100	0 g	3 g	10 g	3.5 g	20 mg	160 mg	0 g	n/a	0	0	0 mg	0 mg										
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					
Spicy Chicken Sandwich	each	330	38	22	11.5	2	35	640	4	3	0	1.2	60	2.88	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 Corn	1/4 cup	46	10 g	1 g	0.46 g	0 g	0 mg	0 mg	0 g	n/a	0	1.66	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										
Sweet Potato Tots	1/2 cup	142	23.625	1.181	4.134	0	0	236.246	3.544	10.631	4134.3	1.417	23.625	0.472										
Taco Pinwheels	2 rolls	448	49 g	21 g	18.22 g	6.92 g	36 mg	1031 mg	5 g	n/a	283	0.64	189 mg	1.57 mg	X	X	X		X					
Taco Pizza	slice	430	38 g	21 g	20.27 g	7.94 g	40 mg	589 mg	5 g	n/a	410	2	316 mg	2.28 mg	X	X	X		X					
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19.41 g	5.58 g	54 mg	765 mg	4 g	n/a	130	4.82	63 mg	1.62 mg	X	X	X		X					
Waffles	2 waffles	220	33 g	4 g	7 g	1 g	0 mg	350 mg	5 g	n/a	0	0	40 mg	1.44 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							

Winner OST November 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
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					
Fresh Apple	1 each	72	19 g	0 g	0.23 g	0.04 g	0 mg	1 mg	3 g	n/a	75	6.35	8 mg	0.17 mg										
Frudel	1 each	210	37 g	5 g	6 g	1.5 g	0 mg	290 mg	2 g	n/a	0	0	0 mg	1.08 mg	X		X		X					
Fun with D&J Crackers	1 package	130	22g	2g	3.5g	1g	0mg	115mg	1g	8g	0	0	4mg	0.7mg	X	X			X					
Goldfish Crackers	package	93	12.963	1.852	3.241	0.463	0	157.41	0.926	0	0	0	0	0.667	X				X					
Graham Crackers	package (3 ea)	90	17	1	2.5	0	0	90	1	5	500	0	0	0.72	X		X							
Grape Uncrustable	1 serving	320	32 g	10 g	17 g	3.5 g	0 mg	320 mg	3 g	n/a	0	0	20 mg	1.08 mg	X		X							
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					
Muffin	1 each	240	29 g	5 g	4.04 g	1.45 g	38 mg	298 mg	2 g	n/a	200	9	51 mg	1.05 mg	X	X	X		X					
Pretzels	1 package	80	16 g	2 g	1 g	0 g	0 mg	200 mg	2 g	1g	0	0	20 mg	0.72 mg	X									
Snack Bread	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					
Yogurt	1 container	90	19 g	3 g	0 g	0 g	0 mg	75 mg	0 g	n/a	0	1.2	300 mg	0 mg					X					