



Winner Breakfast Menu

December
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cherry Frudel Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	3 Biscuits and Gravy Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	4 Brekkie Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	5 Frosted Long John Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	6 Student/Staff Friday
9 Strawberry Cream Cheese Filled Bagel Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	10 French Toast Sticks Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	11 Breakfast Pizza Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	12 Mini-Cinnis Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	13
16 Waffle Sticks Sausage Patty Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	17 Pancake on a Stick Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	18 Muffin Cheese Stick Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	19 Frosted Long John Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	20
23	24	25	26	27
30	31	1		

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.



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



Winner Elementary Lunch

December
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tangerine Chicken Brown Rice Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Green Beans Fruit and Veggie Bar Choice of Milk	3 Local Beef Totchos BBQ Rib Sandwich Black Beans Fruit and Veggie Bar Choice of Milk	4 Local Beef Chicken Patty Sandwich Tater Tot Casserole Whole Grain Dinner Roll Steamed Corn Fruit and Veggie Bar Choice of Milk	5 Homemade Cheese Pizza Cheeseburger on WG Bun Mixed Vegetables Fruit and Veggie Bar Choice of Milk	6 HOM - Brussel Sprouts
9 Macaroni & Cheese Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Corn Fruit and Veggie Bar Choice of Milk	10 Local Beef Taco Burger Mini Corn Dogs Refried Beans Fruit and Veggie Bar Choice of Milk	11 Meatballs and Gravy Brown Rice BBQ Rib Sandwich Steamed Green Beans Fruit and Veggie Bar Choice of Milk	12 Homemade Pepperoni Pizza Country Fried Steak & Gravy Whole Grain Dinner Roll Mashed Potatoes Fruit and Veggie Bar Choice of Milk	13
16 HOM - Sorrel Pizza Bake Bread Stick BBQ Pulled Pork Sandwich Steamed Green Beans Fruit and Veggie Bar Choice of Milk	17 Local Beef Beef Nachos Beef Hot Dog on a Bun Baked Beans Fruit and Veggie Bar Choice of Milk	18 Roast Turkey & Gravy Spicy Chicken Patty on Bun Mashed Potatoes Fruit and Veggie Bar Choice of Milk	19 Noon Dismissal Cheese Bosco Sticks Steamed Corn Fruit and Veggie Bar Choice of Milk	20
23	24	25	26	27
30	31	1		

PRICES	Student Lunch	\$3.00
	Extra Entree	\$1.60
	Adult Lunch	\$5.00
	Extra Milk	\$0.50
	Reduced Lunch	\$0.40

EXTRA INFO

A choice of 1% white or skim chocolate milk is included with each meal. Have a happy and safe Christmas break and a Happy New Year!



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Winner Middle & High School Lunch Menu

December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tangerine Chicken Brown Rice Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Chef Salad	3 Local Beef Totchos BBQ Rib Sandwich Pizza Black Beans Fruit and Veggie Bar Choice of Milk Chef Salad	4 Local Beef Tater Tot Casserole Whole Grain Dinner Roll Chicken Patty Sandwich Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Chef Salad	5 Country Fried Steak&Gravy Whole Grain Dinner Roll Cheeseburger on WG Bun Pizza Mashed Potatoes Fruit and Veggie Bar Choice of Milk Chef Salad	6 LTO - Brussel Sprouts
9 Macaroni & Cheese Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza Roasted Brussels Sprouts Fruit and Veggie Bar Choice of Milk Beef Taco Salad	10 Local Beef Cheesebread Dunkers Taco Burger Pizza Refried Beans Fruit and Veggie Bar Choice of Milk Beef Taco Salad	11 Baked Potato Bar Fish Sticks Whole Grain Dinner Roll Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Beef Taco Salad	12 Popcorn Chicken Bowl Mini Corn Dogs Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Beef Taco Salad	13
16 Local Beef Pizza Bake Garlic Breadstick BBQ Pulled Pork Sandwich Pizza Steamed Green Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	17 Local Beef Beef Nachos Beef Hot Dog on a Bun Pizza Baked Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	18 Local Beef Beef Stew over Biscuit Spicy Chicken Patty on Bun Pizza French Fries Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	19 Noon Dismissal Sack Lunch	20
23	24	25	26	27
30	31	1		

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. Have a Merry Christmas and Happy New Year!

HARVEST OF



THE MONTH

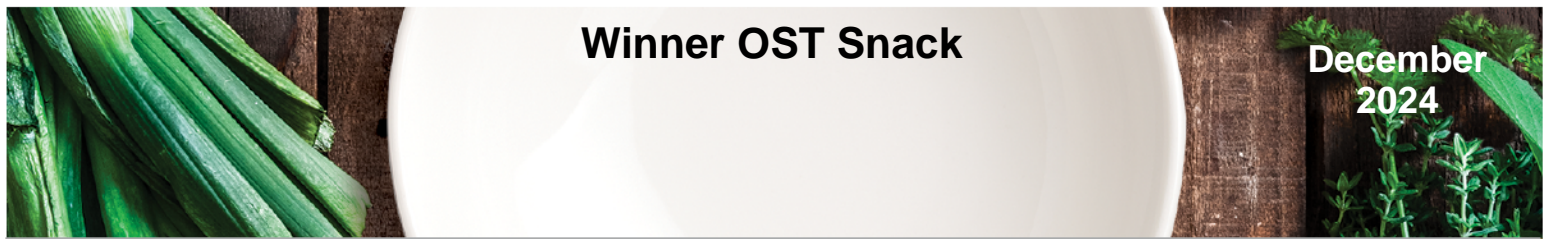
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Winner OST Snack

December
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Yogurt Graham Crackers	3 Goldfish Crackers Milk	4 Brekkie Milk	5 Fun with D&J Crackers Milk	6
9 Banana Chocolate Loaf Milk	10 Cheese Stick Graham Crackers	11 Muffin Milk	12 Pretzels Milk	13
16 Frudel Milk	17 Goldfish Crackers Milk	18 Grape Uncrustable Milk	19 Noon Dismissal	20
23	24	25	26	27
30	31	1		

PRICES

EXTRA INFO

HARVEST OF



THE MONTH

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Winner Breakfast December 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
Biscuits and Gravy	.5c/1 biscuit	325	31.971	14.2	15.981	8.116	45.984	489.498	2.04	6.811	454.314	1.012	402.511	2.034	X				X					
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					
Brekkie	1 each	360	52	6	15	7	20	340	4 g	26	0	0	30	1.9	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	80	1	7	6	3.5	20	200	0	0	0	0	150	0					X					
Cherry 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					
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					
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	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-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					
Muffin	each	220	27	4	11	2.5	50	220	2	15	0	0	40	0.9	X	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 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										
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					
Waffle Sticks	4 waffles stick	171	28.181	4.026	5.032	1.006	20.129	251.613	4.026	6.039	0	0	40.258	1.812	X	X	X		X					

Winner MS/HS Lunch December 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
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	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					
Beef Stew over Biscuit	8oz	507	47.691	34.288	21.036	9.513	68.707	527.907	5.607	5.295	357.869	11.33	222.074	5.772	X				X					
Beef Taco Salad	each	431	39 g	16 g	23.83 g	8.13 g	45 mg	648 mg	5 g	n/a	508	12.97	211 mg	1.77 mg	X	X	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										
Cheesebread Dunkers	each	417	35 g	20 g	20.76 g	9.52 g	30 mg	855 mg	3 g	n/a	823	6.11	575 mg	2.35 mg	X		X							
Cheeseburger on WG Bun	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					
Chicken Patty Sandwich	each	520	52	36	20.5	4	70	1030	6	3	100	0.6	100	3.96	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					
Country Fried Steak&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 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							
Fish Sticks	1 serving (4 ea)	200	17 g	14 g	9 g	1.5 g	40 mg	310 mg	1 g	n/a	100	2.4	20 mg	0.72 mg	X		X			X				
French Fries	1/2 cup	110	17 g	2 g	3.5 g	0.8 g	0 mg	236 mg	2 g	1g	0 iu	4 mg	0 mg	0.6 mg										
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	105	26.951	1.286	0.389	0.132	0	1.18	3.068	14.431	75.52	10.266	5.9	0.307										
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							
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					
Mini Corn Dogs	6 each	320	35 g	12 g	15 g	3 g	55 mg	630 mg	1 g	7g	201	18	60 mg	2.7 mg	X	X	X							
Pizza	slice	240	6.683	16.529	9.626	8.022	34.493	420.639	1.807	1.361	291.45	1.524	407.104	0.621	X				X					
Pizza	slice	251	6.506	16.635	10.807	8.431	37.087	496.339	1.718	1.348	291.45	1.372	404.572	0.57	X				X					
Pizza Bake	serving	418	37 g	24 g	19.57 g	6.55 g	68 mg	1044 mg	5 g	n/a	1093	17.24	221 mg	3.93 mg	X		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							
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 Brussels Sprouts	1/2 cup	88	10.504	3.833	4.75	0.385	0	418.94	4.309	*2.495*	855.021	96.388	47.627	1.651										
Spicy Chicken Patty on Bun	each	330	38	22	11.5	2	35	640	4	3	0	1.2	60	2.88	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										
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					
Totchos	1 each	347	19 g	16 g	22.96 g	8.65 g	55 mg	790 mg	2 g	n/a	877	4.07	136 mg	1.91 mg			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 December 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
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					
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	80	1	7	6	3.5	20	200	0	0	0	0	150	0					X					
Fruedel	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	270	33 g	5 g	5.93 g	2.63 g	38 mg	298 mg	3 g	n/a	203	9	51 mg	1.22 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									
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					