



# Winner Breakfast Menu

January  
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> Pop-Tart Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>7</b> Biscuits and Gravy Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>8</b> Breakfast Pizza Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>9</b> Frosted Long John Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>10</b>
<b>13</b> Mini Pancakes Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>14</b> Breakfast Sandwich Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>15</b> Muffin Cheese Stick Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>16</b> Cinnamon Roll Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>17</b> Student/Staff Friday
<b>20</b> Brekkie Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>21</b> Pancake on a Stick Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>22</b> Snack Bread Cheese Stick Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>23</b> Frosted Long John Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>24</b>
<b>27</b> Strawberry Cream Cheese Filled Bagel Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>28</b> Chicken Breakfast Biscuit Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>29</b> Waffles Sausage Patty Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>30</b> Mini-Cinnis Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	<b>31</b> Student/Staff Friday

<b>PRICES</b>	Student Breakfast	\$2.00
	Extra Entree	\$1.05
	Extra Milk	\$0.50
	Adult Breakfast	\$2.85
	Reduced Breakfast	\$0.30
<b>EXTRA INFO</b>	Welcome Back! A choice of 1% white or skim chocolate milk is included with each breakfast.	



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# Winner Elementary Lunch

January  
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> Cheese Bosco Sticks Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll  Steamed Peas Fruit and Veggie Bar Choice of Milk	<b>7</b> <b>Local Beef</b> Beef Taco  French Toast Sticks Sausage  Baked Beans Fruit and Veggie Bar Choice of Milk	<b>8</b> Tangerine Chicken Brown Rice Crispy Chicken Patty Sandwich  Mixed Vegetables Fruit and Veggie Bar Choice of Milk	<b>9</b> <b>HOM - Grapefruit &amp; Cabbage</b> Sausage Pizza  Corn Dog  Steamed Corn Fruit and Veggie Bar Choice of Milk	<b>10</b>
<b>13</b> Chicken Alfredo w/Pasta Garlic Breadstick Roasted Beef Hot Dog on a Bun  Steamed Green Beans Fruit and Veggie Bar Choice of Milk	<b>14</b> <b>Local Beef</b> Beef Nachos  BBQ Rib Sandwich  Black Beans Fruit and Veggie Bar Choice of Milk	<b>15</b> <b>Local Beef</b> Beef Stroganoff Whole Grain Dinner Roll Crispy Chicken Tenders Whole Grain Dinner Roll  Steamed Carrots Fruit and Veggie Bar Choice of Milk	<b>16</b> Pepperoni Pizza  Cheeseburger  Steamed Corn Fruit and Veggie Bar Choice of Milk	<b>17</b>
<b>20</b> Crispy Chicken Wrap  BBQ Pulled Pork Sandwich  Potato Wedges Fruit and Veggie Bar Choice of Milk	<b>21</b> <b>HOM - Winter Savory</b> Chicken Tacos  Mini Corn Dogs  Baked Beans Fruit and Veggie Bar Choice of Milk	<b>22</b> <b>Local Beef</b> Beef Chili Cinnamon Roll Cheese & Pepperoni Flatbread  Steamed Corn Fruit and Veggie Bar Choice of Milk	<b>23</b> Cheese Pizza  Meatballs and Gravy Brown Rice  Steamed Green Beans Fruit and Veggie Bar Choice of Milk	<b>24</b>
<b>27</b> <b>Local Beef</b> Pasta with Meat Sauce Garlic Breadstick Fish Sticks Whole Grain Dinner Roll  Mixed Vegetables Fruit and Veggie Bar Choice of Milk	<b>28</b> <b>Local Beef</b> Beef Nachos  Ham, Egg & Cheese on Biscuit  Black Beans Fruit and Veggie Bar Choice of Milk	<b>29</b> <b>Local Beef</b> Tater Tot Casserole Whole Grain Dinner Roll Spicy Crispy Chicken Patty Sandwich  Steamed Corn Fruit and Veggie Bar Choice of Milk	<b>30</b> Sausage Pizza  Italian Meatball Sub  Steamed Peas Fruit and Veggie Bar Choice of Milk	<b>31</b>

<b>PRICES</b>	Student Lunch	\$3.00
	Extra Entree	\$1.60
	Adult Lunch	\$5.00
	Extra Milk	\$0.50
	Reduced Lunch	\$0.40
<b>EXTRA INFO</b>	Welcome Back!! A choice of 1% white or skim chocolate milk is included with each meal.	



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# Winner Middle & High School Lunch Menu

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> Cheese Bosco Sticks  Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza  Steamed Peas Fruit and Veggie Bar Choice of Milk Chef Salad	<b>7 Local Beef</b> Soft Beef Tacos  French Toast Sticks Sausage Patty Pizza  Baked Beans Fruit and Veggie Bar Choice of Milk Chef Salad	<b>8</b> Tangerine Chicken Brown Rice Crispy Chicken Sandwich  Pizza  Mixed Vegetables Fruit and Veggie Bar Choice of Milk Chef Salad	<b>9</b> Popcorn Chicken Bowl  Corn Dog  Pizza  Steamed Corn Fruit and Veggie Bar Choice of Milk Chef Salad	<b>10 HOM-Grapefruit &amp; Cabbage</b>
<b>13</b> Chicken Alfredo w/Pasta Garlic Breadstick Beef Hot Dog  Pizza  Roasted Broccoli Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>14 Local Beef</b> Beef Nacho  BBQ Rib Sandwich  Pizza  Black Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>15 Local Beef</b> Beef Stroganoff Whole Grain Dinner Roll Crispy Chicken Tenders Whole Grain Dinner Roll Pizza  Carrots Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>16</b> Cheeseburger  Grilled Cheese Sandwich Tomato Soup Pizza  Steamed Corn Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>17</b>
<b>20</b> Crispy Chicken Wrap  BBQ Pulled Pork Sandwich  Pizza  Potato Wedges Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	<b>21 HOM - Winter Savory</b> Chicken Tacos  Mini Corn Dogs  Pizza  Baked Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	<b>22 Local Beef</b> Beef Chili Cinnamon Roll Cheese & Pepperoni Flatbread  Pizza  Steamed Corn Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	<b>23</b> Baked Potato Bar  Italian Meatball Sub  Pizza  Steamed Green Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	<b>24</b>
<b>27 Local Beef</b> Pasta with Meat Sauce Garlic Breadstick Fish Sticks Whole Grain Dinner Roll Pizza  Mixed Vegetables Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	<b>28 Local Beef</b> Beef Nachos  Ham, Egg & Cheese on Biscuit  Pizza  Black Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	<b>29 Local Beef</b> Tater Tot Casserole Whole Grain Dinner Roll Spicy Chicken Sandwich  Pizza  Steamed Corn Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	<b>30</b> Chicken Pot Pie Biscuit Build Your Own Sub  Pizza  Steamed Peas Fruit and Veggie Bar Choice of Milk Buffalo Chicken Pasta Salad	<b>31</b>

PRICES

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

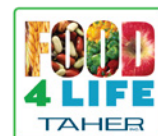
EXTRA INFO

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

HARVEST OF



THE MONTH

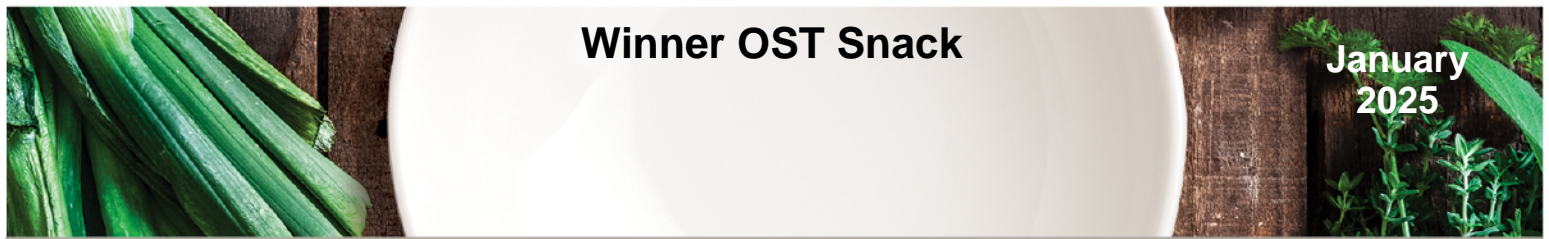


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# Winner OST Snack

January  
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6</b> Snack Bread Milk	<b>7</b> Cheese Stick Graham Crackers	<b>8</b> Peanut Butter Apple	<b>9</b> Pretzels Milk	<b>10</b>
<b>13</b> Yogurt Graham Crackers	<b>14</b> Goldfish Crackers Milk	<b>15</b> Brekkie Milk	<b>16</b> Fun with D&J Crackers Milk	<b>17</b>
<b>20</b> Snack Bread Milk	<b>21</b> Cheese Stick Graham Crackers	<b>22</b> Cereal Bar Milk	<b>23</b> Pretzels Milk	<b>24</b>
<b>27</b> Pop-Tart Milk	<b>28</b> Goldfish Crackers Milk	<b>29</b> Snack Bread or Muffin Milk	<b>30</b> Uncrustable Milk	<b>31</b>

PRICES

EXTRA INFO

HARVEST OF



THE MONTH



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# Winner Breakfast January 25

## 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					
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					
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					
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 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 roll	270	43 g	7 g	8 g	3 g	15 mg	330 mg	4 g	n/a	100	1.2	60 mg	1.81 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	13.5 g	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 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					
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							
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 Patty	each	230	1	7	22	8	45	370	0	0	19.9	0.2	22.9	0.8										
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					
Waffles	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 Elementary Lunch January 25

## 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 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 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 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 Stroganoff	serving	240	9 g	30 g	8.43 g	4.44 g	90 mg	718 mg	1 g	n/a	152	0.78	45 mg	2.97 mg					X					
Beef Taco	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					
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										
Cheese & Pepperoni Flatbread	1 each	431	30 g	22 g	23.73 g	11.13 g	48 mg	920 mg	3 g	n/a	304	0.55	430 mg	0.98 mg	X	X	X		X					
Cheese Bosco Sticks	1 each	220	26 g	12 g	7 g	4 g	15 mg	300 mg	1 g	n/a	100	0	200 mg	1.8 mg	X		X		X					
Cheese Pizza	slice	215	6.506	15.454	7.5	7.25	30	364.054	1.718	1.348	291.45	1.372	404.572	0.485	X				X					
Cheeseburger	each	310	29	20.5	15	6	37.5	735	3	3.5	100	0	130	2.52	X		X		X					
Chicken Alfredo w/Pasta	1/2 cup	221	26 g	23 g	4.35 g	1.99 g	55 mg	174 mg	3 g	n/a	0	0.01	14 mg	3.3 mg	X		X		X					
Chicken Tacos	3 each 1/2 cup rice	436	60.934	20.470	16.175	5.885	49.277	611.672	4.457	1.127	571.483	3.592	144.241	5.160			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					
Cinnamon Roll	1 each	190	33 g	5 g	4.5 g	2 g	10 mg	220 mg	3 g	n/a	0	0	20 mg	1.44 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 Patty 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							
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					
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 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	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							
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					
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					
Marinara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	0	0	20	1.08										
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					
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							
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									
Pepperoni 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					
Potato Wedges	1/2 cup	94	19 g	2 g	1.68 g	0.42 g	0 mg	38 mg	2 g	n/a	0	8.6	12 mg	54 mg										
Roasted Beef Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Sausage	each	230	1	7	22	8	45	370	0	0	19.9	0.2	22.9	0.8										
Sausage 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					
Spicy Crispy Chicken Patty Sandwich	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										
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										
Tangerine Chicken	1 serving	341	39 g	16 g	12.98 g	2 g	25 mg	924 mg	2 g	n/a	11	2.88	2 mg	0.02 mg	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					
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 MS/HS Lunch January 25

## 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 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	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Beef Nacho	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 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 Stroganoff	serving	240	9 g	30 g	8.43 g	4.44 g	90 mg	718 mg	1 g	n/a	152	0.78	45 mg	2.97 mg					X					
Biscuit	1 each	210	27 g	4 g	10 g	9 g	0 mg	460 mg	2 g	n/a	10	0	150 mg	1.08 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										
Buffalo Chicken Pasta Salad	1 salad	389	34 g	22 g	17.09 g	4.74 g	55 mg	781 mg	3 g	n/a	12298	11.02	52 mg	1.54 mg	X	X	X		X					
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					
Build Your Own Sub	1 sandwich	368	35 g	18 g	17.14 g	6.41 g	52 mg	1236 mg	1 g	n/a	142	5.12	116 mg	5.99 mg	X		X		X					
Carrots	1/2 cup	25	6 g	0 g	0.09 g	0.02 g	0 mg	55 mg	2 g	n/a	9695	1.83	23 mg	0.63 mg										
Cheese & Pepperoni Flatbread	1 each	431	30 g	22 g	23.73 g	11.13 g	48 mg	920 mg	3 g	n/a	304	0.55	430 mg	0.98 mg	X	X	X		X					
Cheese Bosco Sticks	1 each	220	26 g	12 g	7 g	4 g	15 mg	300 mg	1 g	n/a	100	0	200 mg	1.8 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					
Chicken Alfredo w/Pasta	1/2 cup	221	26 g	23 g	4.35 g	1.99 g	55 mg	174 mg	3 g	n/a	0	0.01	14 mg	3.3 mg	X		X		X					
Chicken Pot Pie	1 serving & 1 biscuit	393	44 g	28 g	11.84 g	7.86 g	53 mg	833 mg	4 g	n/a	3693	2.98	268 mg	64.33 mg	X		X		X					
Chicken Tacos	3 each 1/2 cup rice	436	60.934	20.470	16.175	5.885	49.277	611.672	4.457	1.127	571.483	3.592	144.241	5.160			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					
Cinnamon Roll	1 each	190	33 g	5 g	4.5 g	2 g	10 mg	220 mg	3 g	n/a	0	0	20 mg	1.44 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 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							
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					
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 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	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							
Grilled Cheese Sandwich	sandwich	426	35 g	19 g	25.25 g	12.19 g	50 mg	806 mg	4 g	n/a	705	0	672 mg	1.8 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					
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					
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							
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	3/4 cup	318	32 g	22 g	11.09 g	4.18 g	58 mg	242 mg	3 g	n/a	559	15.86	54 mg	3.59 mg	X		X							
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					
Potato Wedges	1/2 cup	94	19 g	2 g	1.68 g	0.42 g	0 mg	38 mg	2 g	n/a	0	8.6	12 mg	54 mg										
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							
Sausage Patty	each	230	1	7	22	8	45	370	0	0	19.9	0.2	22.9	0.8										
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 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										
Tangerine Chicken	1 serving	341	39 g	16 g	12.98 g	2 g	25 mg	924 mg	2 g	n/a	11	2.88	2 mg	0.02 mg	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					
Tomato Soup	1 cup	80	19 g	2 g	0 g	0 g	0 mg	594 mg	2 g	n/a	300	21	24 mg	0.72 mg										
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					
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 January 25

## 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	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											
Brekkie	1 each	360	52	6	15	7	20	340	4 g	26	0	0	30	1.9	X	X	X		X						
Cereal Bar	1 bar	150	30 g	3 g	3 g	0 g	0 mg	100 mg	3 g	n/a	100	1.2	200 mg	1.8 mg	X		X								
Cheese Stick	each	80	1	7	6	3.5	20	200	0	0	0	0	150	0					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								
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						
Peanut Butter	1oz	186	4.43	7.973	15.061	3.101	0	141.748	1.772	2.658	0	0	0	*n/a*								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								
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						
Snack Bread or Muffin	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						
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								
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						