



Winner Breakfast Menu

February
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Scrambled Egg Whole Grain Toast Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	4 Breakfast Flatbread Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	5 Biscuits and Gravy Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	6 Frosted Long John Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	7
10 Pancakes Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	11 Breakfast Sandwich Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	12 Blueberry Muffin Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	13 Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	14 Student/Staff Friday
17 Breakfast Pizza Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	18 Brekkie Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	19 Banana Chocolate Loaf Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	20 Frosted Long John Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	21
24 French Toast Sticks Sausage Patty Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	25 Chicken Breakfast Biscuit Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	26 Pancake on a Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	27 Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	28 Student/Staff Friday

PRICES

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

EXTRA INFO

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



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Winner Elementary Lunch

February
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Ham & Cheese Sandwich Crispy Chicken Nuggets Whole Grain Dinner Roll French Fries Fruit and Veggie Bar Choice of Milk	4 Chicken Tacos Corn Dog Baked Beans Fruit and Veggie Bar Choice of Milk	5 Local Beef Crispy Chicken Sandwich Sloppy Joe on a Bun Steamed Corn Fruit and Veggie Bar Choice of Milk	6 HOM-Beet Cheese Pizza Classic Cheeseburger Steamed Carrots Fruit and Veggie Bar Choice of Milk	7
10 Creamy Macaroni & Cheese Crispy Chicken Tenders Whole Grain Dinner Roll Roasted Broccoli Fruit and Veggie Bar Choice of Milk	11 Local Beef Beef Nachos Ham, Egg & Cheese on Biscuit Roasted Honey Cinnamon Chickpeas Fruit and Veggie Bar Choice of Milk	12 Cheesebread Dunkers BBQ Pulled Pork Sandwich Steamed Green Beans Fruit and Veggie Bar Choice of Milk	13 Sausage Pizza Toasted Cheese Sandwich Steamed Peas Fruit and Veggie Bar Choice of Milk	14 HOM - Pear
17 Cheese Bosco Sticks Marinara Sauce Crispy Chicken Wrap Steamed Peas Fruit and Veggie Bar Choice of Milk	18 Local Beef Beef Tacos Pancakes Scrambled Egg Black Beans Fruit and Veggie Bar Choice of Milk	19 United Tastes of America-Soul Food Fried Chicken Macaroni & Cheese WG Homemade Cornbread BBQ Rib Sandwich Steamed Corn Fruit and Veggie Bar Choice of Milk	20 Pepperoni Pizza Italian Meatball Sub Steamed Green Beans Fruit and Veggie Bar Choice of Milk	21
24 HOM - Oregano Chicken Pasta Garlic Breadstick Roasted Beef Hot Dog on a Bun Roasted Broccoli Fruit and Veggie Bar Choice of Milk	25 Pulled Pork Nachos Turkey Deli Sandwich Baked Beans Fruit and Veggie Bar Choice of Milk	26 Ham & Pepperoni Melt Spicy Chicken Sandwich Peas & Carrots Fruit and Veggie Bar Choice of Milk	27 Cheese Pizza Mini Corn Dogs Steamed Corn Fruit and Veggie Bar Choice of Milk	28

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 include with each meal.



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Winner Middle & High School Lunch

February
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Ham & Cheese Sandwich Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza French Fries Fruit and Veggie Bar Choice of Milk Chef Salad	4 Chicken Tacos Corn Dog Pizza Baked Beans Fruit and Veggie Bar Choice of Milk Chef Salad	5 Local Beef Crispy Chicken Sandwich Sloppy Joe on a Bun Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Chef Salad	6 HOM-Beet Baked Potato Bar Classic Cheeseburger Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Chef Salad	7
10 Creamy Macaroni & Cheese Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Steamed Green Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	11 Beef Nachos Ham, Egg & Cheese on Biscuit Pizza Honey Cinnamon Chickpeas Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	12 Cheesebread Dunkers BBQ Pulled Pork Sandwich Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	13 Popcorn Chicken Bowl Toasted Cheese Sandwich Tomato Soup Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	14 HOM - Pear
17 Cheese Bosco Sticks Crispy Chicken Wrap Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	18 Local Beef Beef Tacos Pancakes Scrambled Eggs Pizza Black Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	19 United Tastes of America- Soul Food Fried Chicken Macaroni & Cheese WG Homemade Cornbread BBQ Rib Sandwich Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	20 Pear Crisp Baked Potato Bar Italian Meatball Sub Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	21
24 HOM - Oregano Chicken Pasta Garlic Breadstick Chili Dog Pizza Steamed Green Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	25 Pulled Pork Nachos Turkey Deli Sandwich Pizza Baked Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	26 Ham & Pepperoni Melt Spicy Chicken Sandwich Pizza Peas & Carrots Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	27 Local Beef Beef Chili Cinnamon Roll Mini Corn Dogs Pizza Steamed Corn Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	28

PRICES

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

EXTRA INFO

Milk choice of 1% Unflavored White or Fat Free
Chocolate is included with each lunch.

HARVEST OF



THE MONTH

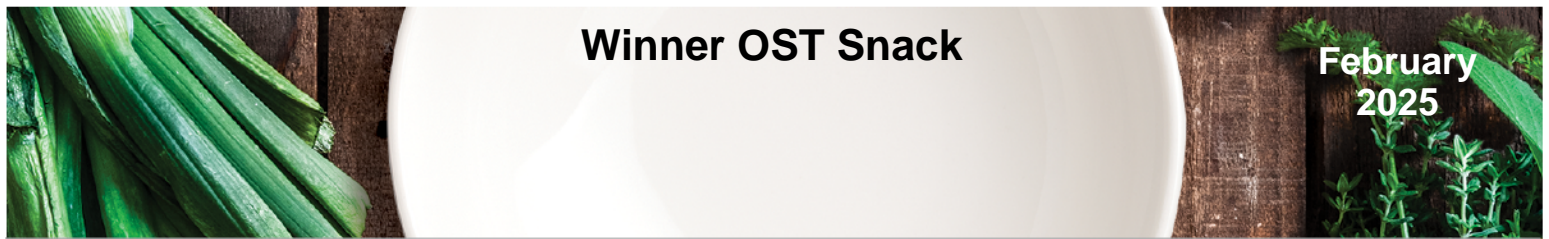
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Winner OST Snack

February
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yogurt Graham Crackers	4 Goldfish Crackers Milk	5 Peanut Butter Apple	6 Fun with D&J Crackers Milk	7
10 Snack Bread Milk	11 Cheese Stick Graham Crackers	12 Brekkie Milk	13 Pretzels Milk	14
17 Pop-Tart Milk	18 Goldfish Crackers Milk	19 Cereal Bar Milk	20 Muffin Milk	21
24 Snack Bread Milk	25 Cheese Stick Graham Crackers	26 Yogurt Apple	27 Uncrustable Milk	28

PRICES

EXTRA INFO

HARVEST OF



THE MONTH

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Winner Breakfast February 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
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 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					
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	300	15 g	21 g	16.72 g	6.56 g	319 mg	503 mg	2 g	n/a	531	0.09	301 mg	1.66 mg	X	X	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					
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 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 Cereal	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							
Choice of Cereal	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									
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					
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							
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							
Pancakes	3 each	220	41	6	3	0.5	10	490	6	8	0	0	40	1.9	X	X	X		X					
Sausage Patty	each	230	1	7	22	8	45	370	0	0	19.9	0.2	22.9	0.8										
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					
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 February 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 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 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					
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										
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					
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							
Chicken Pasta	1 cup	343	31.578g	26.276g	12.364g	4.487g	82.930mg	788.998mg	3.851g	0.457g	750.605	26.211	156.021mg	2.280mg	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					
Classic Cheeseburger	each	310	29	20.5	15	6	37.5	735	3	3.5	100	0	130	2.52	X		X		X					
Corn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X	X	X							
Creamy 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					
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							
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					
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										
Fried Chicken	each	220	6	19	13	3	60	530	1	0	100	0	20	1.44	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 & Pepperoni Melt	1 sandwich	374	29 g	22 g	18.57 g	7.78 g	42 mg	1004 mg	1 g	n/a	383	0	305 mg	2.15 mg	X	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					
Hot Ham & Cheese Sandwich	1 sandwich	357	34 g	21 g	15.46 g	6.74 g	53 mg	1299 mg	4 g	n/a	484	3.04	25 mg	1.96 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					X
Macaroni & Cheese	1/2 cup	240	21 g	10 g	13.11 g	7.21 g	27 mg	515 mg	1 g	n/a	525	5.1	112 mg	0.77 mg	X		X		X					
Marinara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	0	0	20	1.08										
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							
Pancakes	3 each	220	41	6	3	0.5	10	490	6	8	0	0	40	1.9	X	X	X							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	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					
Pulled Pork Nachos	1 serving	707	47 g	28 g	43.5 g	11.63 g	127 mg	968 mg	5 g	n/a	595	4.11	118 mg	2.1 mg	X		X		X					
Roasted Beef Hot Dog on a Bun	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	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 Honey Cinnamon Chickpeas	1/2 cup	226	33.472	10.949	5.575	0.086	0	334.679	9.288	1.701	0.028	1.872	63.731	1.634										
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					
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					
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							
Spicy Chicken 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										
Toasted Cheese Sandwich	1 sandwich	356	30 g	14 g	21.21 g	9.79 g	38 mg	995 mg	3 g	n/a	548	9.11	250 mg	1.8 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					
WG Homemade Cornbread	1oz	107	18.496	3.375	2.098	0.331	7.702	196.076	1.717	*4.972*	70.874	0	26.209	0.46	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 February 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 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 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					
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										
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					
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					
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							
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 Pasta	1 cup	343	31.578g	26.276g	12.364g	4.487g	82.930mg	788.998mg	3.851g	0.457g	750.605	26.211	156.021mg	2.280mg	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					
Chili Dog	each	330	28 g	13 g	18.67 g	7.01 g	40 mg	777 mg	4 g	n/a	263	14.1	161 mg	2.71 mg	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					
Classic Cheeseburger	each	310	29	20.5	15	6	37.5	735	3	3.5	100	0	130	2.52	X		X		X					
Corn Dog	each	240	30g	9g	9g	2.5g	40mg	470mg	2g	8g	0	0	60mg	1.8mg	X	X	X							
Creamy 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					
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					
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										
Fried Chicken	each	220	6	19	13	3	60	530	1	0	100	0	20	1.44	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 & Pepperoni Melt	1 sandwich	374	29 g	22 g	18.57 g	7.78 g	42 mg	1004 mg	1 g	n/a	383	0	305 mg	2.15 mg	X	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					
Honey Cinnamon Chickpeas	1/2 cup	226	33.472	10.949	5.575	0.086	0	334.679	9.288	1.701	0.028	1.872	63.731	1.634										
Hot Ham & Cheese Sandwich	1 sandwich	357	34 g	21 g	15.46 g	6.74 g	53 mg	1299 mg	4 g	n/a	484	3.04	25 mg	1.96 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					X
Macaroni & Cheese	1/2 cup	240	21 g	10 g	13.11 g	7.21 g	27 mg	515 mg	1 g	n/a	525	5.1	112 mg	0.77 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							
Pancakes	3 each	220	41	6	3	0.5	10	490	6	8	0	0	40	1.9	X	X	X		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	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					
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					
Pulled Pork Nachos	1 serving	707	47 g	28 g	43.5 g	11.63 g	127 mg	968 mg	5 g	n/a	595	4.11	118 mg	2.1 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							
Scrambled Eggs	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					
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							
Spicy Chicken 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										
Toasted Cheese Sandwich	1 sandwich	406	30 g	16 g	25.77 g	12.32 g	51 mg	1253 mg	3 g	n/a	675	12.15	250 mg	1.8 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	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					
WG Homemade Cornbread	1oz	107	18.496	3.375	2.098	0.331	7.702	196.076	1.717	*4.972*	70.874	0	26.209	0.46	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 February 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	each	160	30	2	3.5	0	0	120	3	8	0	0	200	1.8	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						
Muffin	1 each	188	30 g	3 g	6.6 g	1.75 g	17 mg	257 mg	3 g	n/a	95	0.01	43 mg	0.73 mg	X	X	X		X						
Peanut Butter	1oz	200	7	7	16	2	0	120	4	3	0	0	20	1.44											
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						
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						