



Winner Breakfast Menu

March
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast Pizza Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	4 Brekkie Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	5 French Toast Sticks 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 Brekkie Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	18 Breakfast Pizza 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 Mini Donut Cheese Stick 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
31 Strawberry Cream Cheese Filled Bagel Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	1			

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 School Lunch

March
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheese Bosco Sticks Marinara Sauce Crispy Chicken Wrap Steamed Corn Fruit and Veggie Bar Choice of Milk	4 Local Beef Beef Tacos Crispy Chicken Nuggets Whole Grain Dinner Roll Black Beans Fruit and Veggie Bar Choice of Milk	5 Local Beef Fish Sticks Whole Grain Dinner Roll Tater Tot Casserole Whole Grain Dinner Roll Steamed Carrots Fruit and Veggie Bar Choice of Milk	6 United Tastes of America Homemade Sausage Pizza Philly Steak Sandwich French Fries Fruit and Veggie Bar Choice of Milk	7
10 Pizza Bake Garlic Breadstick BBQ Pulled Pork Sandwich Steamed Peas Fruit and Veggie Bar Choice of Milk	11 Local Beef Beef Nachos Beef Hot Dog Baked Beans Fruit and Veggie Bar Choice of Milk	12 Local Beef Burger and Fry Bake Whole Grain Dinner Roll Crispy Chicken Sandwich Mixed Vegetables Fruit and Veggie Bar Choice of Milk	13 Homemade Pepperoni Pizza Cheeseburger Roasted Broccoli Fruit and Veggie Bar Choice of Milk	14
17 Local Beef Crispy Chicken Tenders Whole Grain Dinner Roll Mexican Pasta Garlic Breadstick Green Beans Fruit and Veggie Bar Choice of Milk	18 Local Beef Beef Tacos Corn Dog Black Beans Fruit and Veggie Bar Choice of Milk	19 HOM - Rutabaga Cheesebread Dunkers Marinara Sauce Spicy Chicken Patty Corn Fruit and Veggie Bar Choice of Milk	20 Homemade Cheese Pizza BBQ Rib Sandwich Mixed Vegetables Fruit and Veggie Bar Choice of Milk	21
24 Local Beef Goulash Whole Grain Dinner Roll Hot Ham and Cheese Steamed Green Beans Fruit and Veggie Bar Choice of Milk	25 Local Beef Beef Nachos French Toast Sticks Baked Beans Fruit and Veggie Bar Choice of Milk	26 Local Beef Beef Chili Cinnamon Roll Grilled Cheese Sandwich Corn Fruit and Veggie Bar Choice of Milk	27 HOM-Meyer Lemon Homemade Sausage Pizza Mini Corn Dogs Steamed Peas Fruit and Veggie Bar Choice of Milk	28
31 Local Beef Pasta w/ Hearty Meat Sauce Garlic Breadstick Italian Meatball Sub Roasted Broccoli Fruit and Veggie Bar Choice of Milk	1			

PRICES	Student Lunch	\$3.00
	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.
 For questions or comments, contact Erin Miller at 605-842-8146 or email winnerfsd@taher.com



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

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Winner Middle & High School Lunch Menu

March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Cheese Bosco Sticks Marinara Sauce Crispy Chicken Wrap</p> <p>Pizza</p> <p>Steamed Corn Fruit and Veggie Bar Choice of Milk Beef Taco Salad</p>	<p>4 Local Beef</p> <p>Beef Tacos</p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza</p> <p>Black Beans Fruit and Veggie Bar Choice of Milk Beef Taco Salad</p>	<p>5 Local Beef</p> <p>Fish Sticks Whole Grain Dinner Roll Tater Tot Casserole Whole Grain Dinner Roll Pizza</p> <p>Steamed Carrots Fruit and Veggie Bar Choice of Milk Beef Taco Salad</p>	<p>6 United Tastes of America</p> <p>Chicken Alfredo Garlic Breadstick Philly Steak Sandwich</p> <p>Pizza</p> <p>French Fries Fruit and Veggie Bar Choice of Milk Beef Taco Salad</p>	<p>7</p>
<p>10 Local Beef</p> <p>Pizza Bake Garlic Breadstick BBQ Pulled Pork Sandwich</p> <p>Pizza</p> <p>Steamed Peas Fruit and Veggie Bar Choice of Milk Chef Salad</p>	<p>11 Local Beef</p> <p>Beef Nachos</p> <p>Beef Hot Dog</p> <p>Pizza</p> <p>Baked Beans Fruit and Veggie Bar Choice of Milk Chef Salad</p>	<p>12 Local Beef</p> <p>Burger and Fry Bake Whole Grain Dinner Roll Crispy Chicken Sandwich</p> <p>Pizza</p> <p>Mixed Vegetables Fruit and Veggie Bar Choice of Milk Chef Salad</p>	<p>13</p> <p>Build Your Own Sub</p> <p>Cheeseburger</p> <p>Pizza</p> <p>Roasted Broccoli Fruit and Veggie Bar Choice of Milk Chef Salad</p>	<p>14</p>
<p>17 Local Beef</p> <p>Mexican Pasta Garlic Breadstick Crispy Chicken Tenders Whole Grain Dinner Roll Pizza</p> <p>Green Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad</p>	<p>18 Local Beef</p> <p>Beef Tacos</p> <p>Corn Dog</p> <p>Pizza</p> <p>Black Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad</p>	<p>19</p> <p>Cheesebread Dunkers Marinara Sauce Spicy Chicken Patty</p> <p>Pizza</p> <p>Mixed Vegetables Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad</p>	<p>20</p> <p>Popcorn Chicken Bowl</p> <p>BBQ Rib Sandwich</p> <p>Pizza</p> <p>Corn Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad</p>	<p>21</p>
<p>24 Local Beef</p> <p>Goulash Whole Grain Dinner Roll Hot Ham and Cheese</p> <p>Pizza</p> <p>Steamed Green Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad</p>	<p>25 Local Beef</p> <p>Beef Nachos</p> <p>French Toast Sticks</p> <p>Pizza</p> <p>Baked Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad</p>	<p>26 Local Beef</p> <p>Beef Chili Cinnamon Roll Grilled Cheese Sandwich Tomato Soup Pizza</p> <p>Corn Fruit and Veggie Bar Choice of Milk Turkey BLT Salad</p>	<p>27</p> <p>Baked Potato Bar Whole Grain Dinner Roll Mini Corn Dogs</p> <p>Pizza</p> <p>Roasted Broccoli Fruit and Veggie Bar Choice of Milk Turkey BLT Salad</p>	<p>28</p>
<p>31 Local Beef</p> <p>Pasta w/ Hearty Meat Sauce Garlic Breadstick Italian Meatball Sub</p> <p>Pizza</p> <p>Steamed Peas Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad</p>	<p>1</p>			

PRICES

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

EXTRA INFO

Milk Choices of 1% White or Skim Chocolate are included with your lunch.
Entree Salads are served with a Dinner Roll.
For questions or comments, contact Erin Miller at 605-842-8146 or email winnerfsd@taher.com

HARVEST OF



THE MONTH

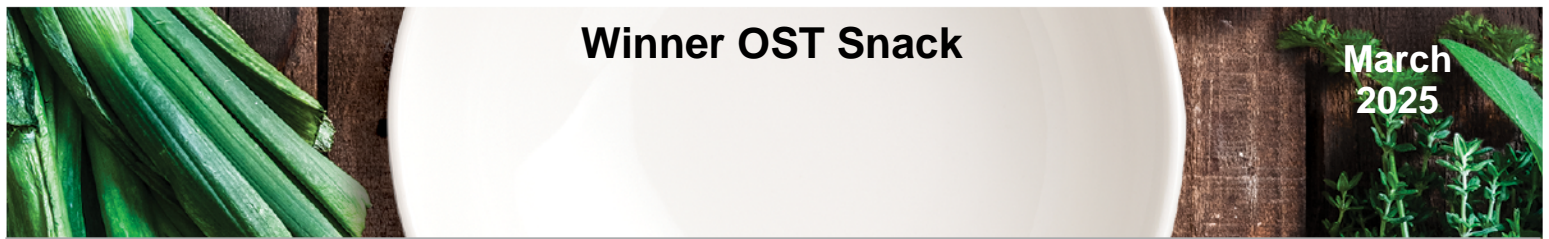
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Winner OST Snack

March
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yogurt Graham Crackers	4 Goldfish Crackers Milk	5 Peanut butter Celery Sticks	6 Fun with D&J Crackers Milk	7
10 Snack bread Milk	11 Cheese Stick Graham Crackers	12 Cereal Bar Milk	13 Pretzels Milk	14
17 Uncrustable Milk	18 Goldfish Crackers Milk	19 Frudel Milk	20 Mini French Toast Milk	21
24 Snack Bread Milk	25 Pop-tart Milk	26 Yogurt Scooby Snacks	27 Pretzels Milk	28
31 Cereal Bar Milk	1			

PRICES

EXTRA INFO

HARVEST OF



THE MONTH

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Winner Breakfast March 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					
Blueberry Muffin	each	220	27	4	11	2.5	50	220	2	15	0	0	40	0.9	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							
Mini Donut	3 donuts	150	19 g	2 g	8 g	3.5 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1.08 mg	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							
Pancakes	3 each	220	41	6	3	0.5	10	490	6	8	0	0	40	1.9	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 Elementary Lunch March 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 Hot Dog	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 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					
Cheesebread Dunkers	2 each	336	36 g	15 g	15.84 g	4.93 g	20 mg	738 mg	6 g	n/a	527	6	308 mg	1.98 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					
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	1/2c	80	17	2	2	0	0	15	2	7	n/a	n/a	n/a	n/a										
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	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 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										
French Toast Sticks	6 sticks	420	52	16	18	4	210	580	4	22	0	0	80	2.2	X	X	X		X					
Fruit and Veggie Bar	1/2 cup	50	12	1	0	0	0	5	1	10	300	1.2	0	0										
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							
Goulash	6oz	221	15 g	17 g	10.18 g	3.72 g	49 mg	179 mg	2 g	n/a	5390	7.99	129 mg	2.37 mg	X		X							
Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
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					
Homemade Cheese Pizza	slice	375	36.536	22.314	9.18	7.53	30	509.851	4.938	5.058	291.45	1.372	404.572	1.493	X				X					
Homemade Pepperoni Pizza	slice	410	36.536	23.495	12.487	8.711	37.087	642.149	4.938	5.058	291.45	1.372	404.572	1.578	X				X					
Homemade Sausage Pizza	slice	399	36.713	23.389	11.306	8.302	34.493	566.449	5.027	5.071	291.45	1.524	407.104	1.629	X				X					
Hot Ham and Cheese	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
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							
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 w/ Hearty 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									
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							
Spicy Chicken Patty	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										
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 March 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	100	21.4	2.6	0.1	0	0	14	2.3	1.1	10	8.28	18	1.062										
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 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 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					
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					
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					
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	2 each	336	36 g	15 g	15.84 g	4.93 g	20 mg	738 mg	6 g	n/a	527	6	308 mg	1.98 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	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					
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	1/2c	80	17	2	2	0	0	15	2	7	n/a	n/a	n/a	n/a										
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 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										
French Toast Sticks	6 sticks	420	52	16	18	4	210	580	4	22	0	0	80	2.2	X	X	X		X					
Fruit and Veggie Bar	1/2 cup	50	12	1	0	0	0	5	1	10	300	1.2	0	0										
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							
Goulash	6oz	221	15 g	17 g	10.18 g	3.72 g	49 mg	179 mg	2 g	n/a	5390	7.99	129 mg	2.37 mg	X		X							
Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
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					
Hot Ham and Cheese	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
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							
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 w/ Hearty Meat Sauce	3 oz scee/.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									
Pizza	slice	375	36.536	22.314	9.18	7.53	30	509.851	4.938	5.058	291.45	1.372	404.572	1.493	X				X					
Pizza	slice	399	36.713	23.389	11.306	8.302	34.493	566.449	5.027	5.071	291.45	1.524	407.104	1.629	X				X					
Pizza	slice	410	36.536	23.495	12.487	8.711	37.087	642.149	4.938	5.058	291.45	1.372	404.572	1.578	X				X					
Pizza	slice	484	41.539	24.709	18.159	10.851	37.487	888.154	5.643	4.185	291.45	1.372	404.572	0.39	X	X	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					
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							
Spicy Chicken Patty	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										
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	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 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 March 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	
Celery Sticks	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											
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								
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						
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								
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						
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						
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										
Scooby Snacks	each	120	21	2	4	1	0	100	1	8	500	0	0	0.72	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						
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						