



Winner Breakfast Menu

April
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 	1 Biscuits and Gravy Cereal Choice Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	2 Breakfast Pizza Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	3 Frosted Long John Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	4
7 Pancakes or Waffles Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	8 Breakfast Sandwich Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	9 Blueberry Muffin Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	10 Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	11 Student/Staff Friday
14 Brekkie Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	15 Breakfast Pizza Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	16 Pancake on a Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	17 Frosted Long John Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	18
21 No School	22 Chicken Breakfast Biscuit Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	23 Mini Donut Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	24 Mini Eggo Waffles Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	25 Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk
28 Pop-Tart Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	29 Strawberry Cream Cheese Filled Bagel Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	30 Chocolate Chip Oatmeal Snack bar Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	1 	

PRICES

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

EXTRA INFO

Milk choice of 1% Unflavored White, Skim or
Fat Free Chocolate.
For questions or comments, email
winnerfsd@taher.com

HARVEST OF



THE MONTH

Your **MENUS** plus more
information on our app
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Elementary School Lunch

April
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 	1 Local Beef Taco Burger Crispy Chicken Tenders Whole Grain Dinner Roll Tri Tater Fruit and Veggie Bar Choice of Milk	2 Sweet and Sour Chicken Seasoned Brown Rice Crispy Chicken Sandwich Steamed Carrots Fruit and Veggie Bar Choice of Milk	3 Cheese Pizza Roasted Hot Dog Baked Beans, Vegetarian Fruit and Veggie Bar Choice of Milk	4
7 Creamy Macaroni & Cheese Crispy Chicken Nuggets Whole Grain Dinner Roll Roasted Broccoli Fruit and Veggie Bar Choice of Milk	8 HOM - Fennel, Local Beef Beef Nachos Italian Beef Lasagna Garlic Breadstick Green Beans Fruit and Veggie Bar Choice of Milk	9 Cheese Bosco Sticks Marinara Sauce Turkey & Cheese Sandwich Steamed Peas Fruit and Veggie Bar Choice of Milk	10 Local Beef Grilling Day!!! Grilled Hamburger Chips SideKick Baked Beans Fruit and Veggie Bar Choice of Milk	11
14 BBQ Pulled Pork Sandwich Ham & Pepperoni Melt Potato Wedges Fruit and Veggie Bar Choice of Milk	15 Local Beef Rolled Beef Enchiladas BBQ Rib Sandwich Black Beans Fruit and Veggie Bar Choice of Milk	16 Holiday Meal Roast Turkey & Gravy Whole Grain Dinner Roll Crispy Chicken Wrap Mashed Potatoes Fruit and Veggie Bar Choice of Milk Cookie	17 Noon Dismissal-Happy Easter Corn Dog Steamed Green Beans Fruit and Veggie Bar Choice of Milk	18 HOM - Collard Greens
21 No School 	22 Local Beef Beef Nachos Spicy Chicken Sandwich Steamed Peas Fruit and Veggie Bar Choice of Milk	23 Local Beef Cheesebread Dunkers Sloppy Joe on a Bun Green Beans Fruit and Veggie Bar Choice of Milk	24 Local Beef Tater Tot Casserole Whole Grain Dinner Roll Hot Ham & Cheese Corn Fruit and Veggie Bar Choice of Milk	25 Homemade Pepperoni Pizza Roasted Hot Dog Baked Beans Fruit and Veggie Bar Choice of Milk
28 Local Beef Pizza Bake Garlic Breadstick Crispy Chicken Tenders Whole Grain Dinner Roll Roasted Broccoli Fruit and Veggie Bar Choice of Milk	29 Local Beef Soft Beef Tacos Mini Corn Dogs Black Beans Fruit and Veggie Bar Choice of Milk	30 HOM - Sweet Cherry-Local Beef Beef Stroganoff Whole Grain Dinner Roll Waffle Sticks Sausage Patty Steamed Carrots Fruit and Veggie Bar Choice of Milk	1 	

PRICES <table border="0"> <tr><td>Regular</td><td>\$3.00</td></tr> <tr><td>Reduced</td><td>\$0.40</td></tr> <tr><td>Adult</td><td>\$5.00</td></tr> <tr><td>Extra Milk</td><td>\$0.50</td></tr> <tr><td>Extra Entrée</td><td>\$1.60</td></tr> </table>	Regular	\$3.00	Reduced	\$0.40	Adult	\$5.00	Extra Milk	\$0.50	Extra Entrée	\$1.60	EXTRA INFO Milk choice of 1% Unflavored White, Skim or Fat Free Chocolate. Skim is included with lunch. Entrée Salads are served with Dinner Roll. For questions or comments, email winnerfsd@taher.com	HARVEST OF THE MONTH	Your MENUS plus more information on our app TaHer Food4Life® FOOD 4 LIFE TAHER www.taher.com
Regular	\$3.00												
Reduced	\$0.40												
Adult	\$5.00												
Extra Milk	\$0.50												
Extra Entrée	\$1.60												

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Winner Middle & High School Lunch Menu

April
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 	1 Local Beef Taco Burger Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Tri Tater Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	2 Orange Chicken Seasoned Brown Rice Crispy Chicken Sandwich Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	3 Build Your Own Sub Roasted Hot Dog Tony's Pepperoni Pizza Baked Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	4
7 Creamy Macaroni & Cheese Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Chef Salad	8 HOM - Fennel, Local Beef Beef Nachos Italian Beef Lasagna Garlic Breadstick Pizza Green Beans Fruit and Veggie Bar Choice of Milk Chef Salad	9 Local Beef Grilling Day!!! Grilled Hamburger Chips Sidekicks Baked Beans Fruit and Veggie Bar Choice of Milk	10 Popcorn Chicken Bowl Turkey & Cheese Sandwich Pizza Corn Fruit and Veggie Bar Choice of Milk Chef Salad	11
14 Local Beef Beef Chili Cornbread Ham & Pepperoni Melt Pizza Potato Wedges Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	15 Rolled Beef Enchiladas BBQ Rib Sandwich Pizza Black Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	16 United Tastes of America Holiday Meal Scalloped Potatoes & Ham Whole Grain Dinner Roll Tony's Cheese Pizza Corn Fruit and Veggie Bar Choice of Milk Cookie Crispy Chicken Salad	17 Noon Dismissal-Happy Easter Corn Dog Pizza Green Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	18 HOM - Collard Greens
21 No School 	22 Local Beef Beef Nachos Spicy Chicken Sandwich Pizza Black Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	23 Local Beef Baked Potato Bar Whole Grain Dinner Roll Sloppy Joe on a Bun Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	24 Local Beef Tater Tot Casserole Whole Grain Dinner Roll Hot Ham & Cheese Pizza Corn Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	25 Cheese Bosco Sticks Chicken Alfredo w/Pasta Garlic Breadstick Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Turkey BLT Salad
28 Local Beef Pizza Bake Garlic Breadstick Chili Dog Pizza Mixed Veggies Fruit and Veggie Bar Choice of Milk Beef Taco Salad	29 Local Beef Soft Beef Tacos Mini Corn Dogs Pizza Black Beans Fruit and Veggie Bar Choice of Milk Beef Taco Salad	30 HOM - Sweet Cherry, Local Beef Beef Stroganoff Whole Grain Dinner Roll Waffle Sticks Sausage Patty Pizza Carrots Fruit and Veggie Bar Choice of Milk Beef Taco Salad	1 	

PRICES

Student Lunch	\$3.10
Extra Entree	\$1.60
Extra Milk	\$0.50
Reduced Lunch	\$0.40
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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OST Snack

April
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Goldfish Crackers Milk	2 Choice of Cereal Milk	3 Fun with D&J Crackers Milk	4
7 Snack bread Milk	8 Cheese Stick Graham Crackers	9 Cheetos Milk	10 Pretzels Juice (6 fl oz)	11
14 Fruit cup Cheese Stick	15 Goldfish Crackers Milk	16 Uncrustable Milk	17	18
21	22 Cheese Stick Graham Crackers	23 Cereal Bar Milk	24 Chocolate Chip Brekkie Milk	25 Teddy Grahams Milk
28 Yogurt Graham Crackers	29 Goldfish Crackers Milk	30 Cooks Choice Milk	1	

PRICES

EXTRA INFO

HARVEST OF



THE MONTH

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Winner Breakfast April 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					
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					
Cereal Choice	1 bowl	110	23	1	2.5	0.00	0.00	160	1	6	1179	23	325	28										
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					
Chocolate Chip Oatmeal Snack bar	each	150	25 g	2 g	5 g	1 g	0 mg	105 mg	2 g	n/a	*n/a*	*n/a*	*n/a* mg	0.72 mg	X		X		X					
Choice of Cereal	1 3/4 cup	120	25 g	2 g	1 g	0 g	0 mg	140 mg	0 g	n/a	750	6	100 mg	4.5 mg	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 each	190	33 g	5 g	5 g	2 g	15 mg	210 mg	3 g	n/a	100	0	20 mg	1.44 mg	X	X	X		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	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					
Mini Eggo Waffles	pouch	190	34	4	5	1.5	0	210	4	8	1000	0	200	3.6	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 or Waffles	3 each	220	41	6	3	0.5	10	490	6	8	0	0	40	1.9	X	X	X		X					
Pop-Tart	1 each	190	38 g	2 g	3 g	1 g	0 mg	200 mg	3 g	n/a	500	0	100 mg	1.8 mg	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 April 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 Beans, Vegetarian	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					
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	each	313	32 g	20 g	11.5 g	6.4 g	30 mg	712 mg	1 g	n/a	675	0.6	421 mg	1.9 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					
Chips	package	140	19	2	6	0.5	0	170	2	2	0	0	10	0.6	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					
Cookie	cookie	157	26 g	2 g	5.09 g	1.33 g	22 mg	182 mg	1 g	n/a	202	0	10 mg	0.72 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							
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					
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	1/4 cup	34	7.593	0.303	0.067	0	0	0.84	0.378	6.509	27.731	1.343	4.2	0.151										
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							
Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
Grilled Hamburger	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							
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					
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					
Hot Ham & Cheese	1 sandwich	357	31 g	20 g	16.96 g	7.24 g	53 mg	1390 mg	4 g	n/a	115	0	20 mg	1.05 mg	X		X		X					
Italian Beef Lasagna	1 serving	278	24 g	14 g	13.85 g	5.52 g	36 mg	701 mg	3 g	n/a	860	12	192 mg	2.17 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										
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 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					
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										
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					
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 Hot Dog	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Rolled Beef Enchiladas	2 each	658	60.537	30.068	33.272	13.913	103.690	1310.299	6.679	7.379	34315.792	5.842	209.024	4.824					X					
Sausage Patty	each	230	1	7	22	8	45	370	0	0	19.9	0.2	22.9	0.8										
Seasoned Brown Rice	1/2 cup	120	26.037	2.815	0	0	0	66.8	0	0	0	0	1.2	0.513										
SideKick	1 each	90	23 g	*n/a* g	0 g	*n/a* g	0 mg	20 mg	*n/a* g	n/a	180	60	90 mg	1.4 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 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 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 and Sour Chicken	6 oz	362	43 g	17 g	10.42 g	2.31 g	54 mg	658 mg	3 g	n/a	150	3.06	23 mg	4.26 mg	X		X							
Taco Burger	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							
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					
Tri Tater	each	110	13 g	1 g	6 g	1 g	0 mg	140 mg	2 g	n/a	0	2.4	0 mg	0 mg										
Turkey & Cheese 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					
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					
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							

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 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 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										
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	1/2cup	40	10	0	0	0	0	140	2	4	n/a	n/a	n/a	n/a										
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					
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 c pasta, 1/2 c meat sauce	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					
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							
Chips	package	140	19	2	6	0.5	0	170	2	2	0	0	10	0.6	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					
Cookie	cookie	157	26 g	2 g	5.09 g	1.33 g	22 mg	182 mg	1 g	n/a	202	0	10 mg	0.72 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							
Cornbread	1 mini loaf	230	27 g	5 g	9 g	5 g	85 mg	230 mg	2 g	n/a	300	0	100 mg	1.08 mg	X	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							
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	72	19.04	0.24	0.04	0	0	6	2	0	0	0.9	6	0.35										
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							
Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
Grilled Hamburger	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							
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					
Hot Ham & Cheese	1 sandwich	357	31 g	20 g	16.96 g	7.24 g	53 mg	1390 mg	4 g	n/a	115	0	20 mg	1.05 mg	X		X		X					
Italian Beef Lasagna	1 serving	310	20 g	17 g	18.14 g	7.36 g	47 mg	935 mg	3 g	n/a	1146	16	256 mg	2.29 mg	X	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 Veggies	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										
Orange 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							
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 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					
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							
Roasted Hot Dog	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Rolled Beef Enchiladas	2 each	658	60.537	30.068	33.272	13.913	103.690	1310.299	6.679	7.379	34315.792	5.842	209.024	4.824					X					
Sausage Patty	each	230	1	7	22	8	45	370	0	0	19.9	0.2	22.9	0.8										
Scalloped Potatoes & Ham	1/2 cup	110	22	2	1	0	0	190	1	4	n/a	n/a	n/a	n/a					X					
Seasoned Brown Rice	1/2 cup	120	26.037	2.815	0	0	0	66.8	0	0	0	0	1.2	0.513										
Sidekicks	1 each	90	23 g	*n/a* g	0 g	*n/a* g	0 mg	20 mg	*n/a* g	n/a	180	60	90 mg	1.4 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 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 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										
Taco Burger	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							
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					
Tony's Cheese Pizza	each	313	32 g	20 g	11.5 g	6.4 g	30 mg	712 mg	1 g	n/a	675	0.6	421 mg	1.9 mg	X		X		X					
Tony's Pepperoni Pizza	each	265	31 g	12 g	10.5 g	3.5 g	19 mg	853 mg	2 g	n/a	352	0.7	151 mg	2.1 mg	X		X		X					
Tri Tater	each	110	13 g	1 g	6 g	1 g	0 mg	140 mg	2 g	n/a	0	2.4	0 mg	0 mg										

Turkey & Cheese 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				
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				
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				
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						
Whole Grain Dinner Roll	2 each	160	28g	8g	2g	0g	0mg	210mg	4g	2g	10	0	40mg	1.4mg	X		X						

Winner OST April 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
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					
Cheetos	package	140	19	2	6	0.5	0	170	2	2	0	0	10	0.6	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 serving	83	18 g	1 g	0.2 g	0 g	0 mg	138 mg	1 g	n/a	485	7.02	32 mg	4.5 mg	X									
Fruit cup	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										
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							
Juice (6 fl oz)	pouch	90	21	0	0	0	0	25	0	20	0	0	0	0.36										
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					
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					
Teddy Grahams	package (3 ea)	90	17	1	2.5	0	0	90	1	5	500	0	0	0.72	X		X							
Un crustable	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					