



Winner Breakfast Menu

May
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Frosted Long John Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	2
5 French Toast Sticks Sausage Patty Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	6 Pancake or Waffle Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	7 Snack Bread Cheese Stick Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	8 Cinnamon Roll Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	9
12 Brekkie Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	13 Breakfast Pizza Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	14 Chef's Choice Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	15 Frosted Long John Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	16
19 Chefs Choice Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	20 Chefs Choice Choice of Cereal Goldfish Graham Crackers Fruit or Juice Selection Choice of Milk	21	22	23
26	27	28	29	30

PRICES

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

EXTRA INFO

Milk choice of 1% White or Fat Free Chocolate is included with breakfast. For questions or comments, contact the Food Service Director via email
winnerfsd@taher.com

HARVEST OF



THE MONTH

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Winner Elementary Lunch Menu

May
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Tony's Cheese Pizza BBQ Rib Sandwich Steamed Carrots Fruit and Veggie Bar Choice of Milk	2
5 Creamy Macaroni & Cheese Crispy Chicken Nuggets Whole Grain Dinner Roll Roasted Broccoli Fruit and Veggie Bar Choice of Milk	6 HOM - Pineapple, Local Beef Beef Nachos Italian Beef Lasagna Garlic Breadstick Black Beans Fruit and Veggie Bar Choice of Milk	7 Cheesebread Dunkers Crispy Chicken Sandwich Green Beans Fruit and Veggie Bar Choice of Milk	8 Local Beef Pepperoni Pizza Sloppy Joe on a Bun Steamed Corn Fruit and Veggie Bar Choice of Milk	9
12 Cheese Bosco Sticks Marinara Sauce Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Peas Fruit and Veggie Bar Choice of Milk	13 Local Beef, United Tastes of America Walking Taco Pulled Pork Sandwich Black Beans Fruit and Veggie Bar Choice of Milk	14 Chicken Pasta Garlic Breadstick Spicy Chicken Sandwich Steamed Carrots Fruit and Veggie Bar Choice of Milk	15 Tony's Cheese Pizza Corn Dog Corn Fruit and Veggie Bar Choice of Milk	16
19 HOM-Asparagus Beef Hot Dog Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Carrots Fruit and Veggie Bar Choice of Milk	20 Noon Dismissal Turkey & Cheese Sandwich Steamed Peas Fruit and Veggie Bar Choice of Milk	21 Have a Great Summer!!!	22	23
26	27	28	29	30

PRICES

Elementary	\$3.00
Reduced	\$0.40
Extra Entree	\$1.60
Extra Milk	\$0.50
Adult	\$5.00

EXTRA INFO

Milk choice of 1% White or Fat Free Chocolate is included with lunch. For questions or comments, contact the Food Service Director via email
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Winner Middle & High School Lunch Menu

May
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Local Beef Classic Cheeseburger BBQ Rib Sandwich Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Beef Taco Salad	2
5 Local Beef Grilling Day!!! Steak Sandwich Potato Wedges Fruit and Veggie Bar Choice of Milk Cookie	6 HOM - Pineapple, Local Beef Beef Nachos Burger and Fry Bake Whole Grain Dinner Roll Pizza Black Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	7 Baked Potato Bar Crispy Chicken Sandwich Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	8 United Taste of America Pulled Pork Sandwich Chef's Choice Pizza Scalloped Potatoes Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	9
12 Cheese Bosco Sticks Marinara Sauce Chef's Choice Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Chef Salad	13 Local Beef Walking Taco Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Mixed Vegetables Fruit and Veggie Bar Choice of Milk Chef Salad	14 Philly Cheesesteak Spicy Chicken Sandwich Pizza Baked Beans Fruit and Veggie Bar Choice of Milk Chef Salad	15 Popcorn Chicken Bowl Corn Dog Pizza Corn Fruit and Veggie Bar Choice of Milk Chef Salad	16
19 Roasted Beef Hot Dog on a Bun Chef's Choice Pizza Green Beans Fruit and Veggie Bar Choice of Milk Chef Salad	20 Last Day of School!	21 Have a great summer!!!	22	23
26	27	28	29	30

PRICES

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

EXTRA INFO

Milk choice of 1% White or Fat Free Chocolate is included with lunch. For questions or comments, contact the Food Service Director via email winnerfsd@taher.com

HARVEST OF



THE MONTH

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Winner OST Snack

May
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Fun with D&J Crackers Milk	2
5 Snack Bread Milk	6 Cheese Stick Graham Crackers	7 Strawberry Banana Yogurt Graham Crackers	8 Pretzels Milk	9
12 Cereal Bar Milk	13 Goldfish Crackers Milk	14 Chef's Choice Milk	15 Chef's Choice Milk	16
19 Chef's Choice Milk	20	21	22	23
26	27	28	29	30

PRICES

EXTRA INFO

HARVEST OF



THE MONTH

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Winner Breakfast 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
Breakfast Pizza	1 slice	208	18 g	11 g	9.76 g	4.09 g	77 mg	488 mg	3 g	n/a	120	0.04	121 mg	0.73 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					
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 or Waffle	2 each	140	26.015	4.002	4.002	0.00	6.003	270.154	2.001	6.003	0	0	0	0	X	X	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					

Winner Elementary Lunch May 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
BBQ Rib Sandwich	1 sandwich	320	38 g	19 g	12 g	4 g	30 mg	630 mg	7 g	9 g	100	1.2	60 mg	3.78 mg	X		X							
Beef Hot Dog	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					
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					
Chicken 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					
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					
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							
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							
Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
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										
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					
Pulled Pork Sandwich	4oz	184	0	22	10	4	72	404	0	0	n/a	n/a	n/a	n/a										
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							
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	1/4 cup	46	10 g	1 g	0.46 g	0 g	0 mg	0 mg	0 g	n/a	0	1.66	0 mg	0 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										
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					
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					
Walking Taco	1 serving	364	31 g	15 g	20.52 g	7.45 g	44 mg	286 mg	3 g	n/a	168	0.01	102 mg	1.77 mg					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 May 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 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 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										
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					
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					
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							
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	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										
Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
Marinara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	0	0	20	1.08										
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										
Philly Cheesesteak	each	350	32.469	19.039	16.499	7.627	53.324	923.446	1.995	2.725	n/a	n/a	131.518	2.414	X		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					
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										
Pulled Pork Sandwich	1 sandwich	257	24 g	14 g	11.82 g	4.09 g	33 mg	346 mg	3 g	n/a	633	0.01	158 mg	2.16 mg	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	29	5 g	2 g	0 g	0 g	0 mg	10 mg	2 g	n/a	96	28.74	0 mg	0 mg										
Scalloped Potatoes	1/2 cup	110	22	2	1	0	0	190	1	4	n/a	n/a	n/a	n/a					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										
Walking Taco	1 serving	364	31 g	15 g	20.52 g	7.45 g	44 mg	286 mg	3 g	n/a	168	0.01	102 mg	1.77 mg					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 May 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					
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					
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					
Strawberry Banana 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					