



Winner Breakfast Menu

September
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mini French Toast Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	2 Sausage Breakfast Pizza Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	3 Brekkie Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	4 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	5
8 Mini French Toast Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	9 Chicken Breakfast Biscuit Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	10 Snack Bread Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	11 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	12
15 Fruitel Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	16 Breakfast Sandwich Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	17 Muffin Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	18 Mini-Cinnis Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	19
22 Mini French Toast Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	23 Mini Donut Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	24 Pancake on a Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	25 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	26
29 Brekkie Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	30 Breakfast Pizza Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	1		

PRICES

Student	\$2.00
Extra Entree	\$1.05
Reduced	\$0.30
Extra Milk	\$0.50
Adult	\$3.10

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



Your MENUS plus more
information on our app
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Menus are subject to change without notice. This institution is an equal opportunity provider.

Winner Breakfast September 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 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	sandwich	265	31 g	14 g	9.75 g	3.25 g	123 mg	527 mg	4 g	n/a	270	0	204 mg	2.25 mg	X	X	X		X					
Breakkie	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 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					
Frosted Long John	1 each	240	26 g	6 g	13 g	6 g	0 mg	310 mg	2 g	3 g	0	0	20 mg	1.44 mg	X	X	X		X					
Fruitel	1 each	210	36 g	5 g	6 g	1.5 g	0 mg	280 mg	2 g	n/a	55	0	0 mg	1.08 mg	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	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										
Graham Crackers	1 pkt	60	11 g	1 g	1.5 g	0 g	0 mg	64 mg	1 g	3 g	300	0	900 mg	.4 mg	X		X							
Graham Crackers	package (3 ea)	90	17	1	2.5	0	0	90	1	5	500	0	0	0.72	X		X							
Mini Donut	serving	320	41	5	15	7	0	270	2	19	n/a	n/a	n/a	n/a	X	X	X		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					
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	1 each	240	29 g	5 g	4.04 g	1.45 g	38 mg	298 mg	2 g	n/a	200	9	51 mg	1.05 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		X					
Sausage 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					
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 Menu

September
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No School Labor Day	2 Local Beef Beef Nachos French Toast Sticks Refried Beans Fruit and Veggie Bar Choice of Milk	3 Sweet and Sour Chicken Brown Rice, WG Cheese Bosco Sticks Marinara Sauce Steamed Carrots Fruit and Veggie Bar Choice of Milk	4 Tony's Cheese Pizza Classic Cheeseburger Corn Fruit and Veggie Bar Choice of Milk	5
8 Beef Hot Dog Crispy Chicken Nuggets Whole Grain Dinner Roll Baked Beans Fruit and Veggie Bar Choice of Milk	9 Local Beef Taco Burger Turkey & Cheese Sandwich Green Beans Fruit and Veggie Bar Choice of Milk	10 Crispy Chicken Sandwich Meatballs and Gravy Brown Rice, WG Steamed Peas Fruit and Veggie Bar Choice of Milk	11 Homemade Pepperoni Pizza Corn Dog Steamed Carrots Fruit and Veggie Bar Choice of Milk	12
15 Local Beef Pizza Bake Garlic Breadstick Crispy Chicken Tenders Whole Grain Dinner Roll Roasted Broccoli Fruit and Veggie Bar Choice of Milk	16 Local Beef Beef Nachos Italian Stromboli Refried Beans Fruit and Veggie Bar Choice of Milk	17 BBQ Rib Sandwich Crispy Chicken Wrap Steamed Carrots Fruit and Veggie Bar Choice of Milk	18 Tony's Cheese Pizza Spicy Chicken Sandwich Steamed Corn Fruit and Veggie Bar Choice of Milk	19
22 HOM Green Beans Local Beef Pasta w/ Hearty Meat Sauce Garlic Breadstick Mini Corn Dogs Green Beans Fruit and Veggie Bar Choice of Milk	23 Local Beef Beef Soft Shell Taco Pulled Pork Sandwich Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk	24 Cheesecake Dunkers Marinara Sauce Crispy Chicken Sandwich Steamed Peas Fruit and Veggie Bar Choice of Milk	25 Homemade Pepperoni Pizza Classic Cheeseburger Roasted Broccoli Fruit and Veggie Bar Choice of Milk	26
29 Country Fried Chicken & Gravy Whole Grain Dinner Roll Hot Ham & Cheese Mashed Potatoes Fruit and Veggie Bar Choice of Milk	30 Local Beef Beef Nachos Grilled Cheese Sandwich Refried Beans Fruit and Veggie Bar Choice of Milk	1		

PRICES

Student	\$3.00
Reduced	\$0.40
Extra Entree	\$1.60
Extra Milk	\$0.50
Adult	\$5.25

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 Elementary Lunch September 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 Hot Dog	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Beef Nachos	2oz meat, 1.5oz meat	370	32.39	9.014	22.559	7.658	26.578	829.448	3.371	*1.079*	153.649	2.016	156.406	0.652			X		X					
Beef Nachos	431 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 Soft Shell 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					
Brown Rice, WG	1/2 cup	118	25.74	2.783	0	0	0	2.352	0	0	n/a	0	1.568	0.509										
Cheese Bosc 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					
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	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							
Country Fried Chicken & Gravy	1 patty, gravy	410	29.555	30	19.185	4	70	981.426	4	0	100	0.6	40	2.88	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	29mg	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	15.88 g	6.29 g	54 mg	646 mg	6 g	n/a	252	0.75	181 mg	1.5 mg	X		X		X					
French Toast Sticks	6 sticks	420	52	16	18	4	210	580	4	22	0	80	2.2	0	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	3.54	10.266	5.9	0.307										
Fruit or 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										
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 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 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		X					
Hot Hon & Cheese	sandwich	350	31 g	15 g	20.66 g	8.49 g	43 mg	1188 mg	1 g	n/a	422	6.08	40 mg	1.58 mg	X		X		X					
Italian Stromboli	each	386	41 g	19 g	17.98 g	7.41 g	49 mg	1025 mg	6 g	n/a	937	2.4	288 mg	1.91 mg	X		X		X					
Maiwana Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	n/a	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							
Pasta w/ Hearty Meat Sauce	3 oz sec/5 c	325	34.94g	22.253g	9.478g	3.473g	51.2mg	285.895mg	3.398g	9.069g	480	5.76	36.847mg	3.66mg	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					
Pulled Pork Sandwich	4oz	184	0	22	10	4	72	404	0	0	n/a	n/a	n/a	n/a										
Refried Beans	1/2 cup	118	20 g	7 g	1.6 g	0.6 g	10 mg	140 mg	7 g	n/a	0	7.6	44 mg	2.09 mg			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 Pinto Beans	1/2 cup	161	29.674	6.536	1.296	0	0	370.627	11.777	*1.296*	65	1.555	103.77	1.401										
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 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							
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					
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 Middle & High School Lunch Menu

September
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No School Labor Day	2 Local Beef Beef Nachos French Toast Sticks Pizza Refried Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	3 Cheese Bosco Sticks Marinara Sauce Orange Chicken Brown Rice, WG Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	4 Popcorn Chicken Bowl Classic Cheeseburger Tony's Cheese Pizza Corn Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	5
8 Baked Potato Bar Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza Rollup Baked Beans Fruit and Veggie Bar Choice of Milk Beef Taco Salad	9 Local Beef Taco Burger Beef Hot Dog Pizza Green Beans Fruit and Veggie Bar Choice of Milk Beef Taco Salad	10 Crispy Chicken Sandwich Meatballs and Gravy Brown Rice, WG Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Beef Taco Salad	11 Corn Dog Turkey & Cheese Sandwich Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Beef Taco Salad	12
15 Local Beef Pizza Bake Garlic Breadstick Crispy Chicken Tenders Whole Grain Dinner Roll Pzza Steamed Green Beans Fruit and Veggie Bar Choice of Milk Chef Salad	16 Local Beef Beef Nachos Italian Stromboli Pizza Refried Beans Fruit and Veggie Bar Choice of Milk Chef Salad	17 BBQ Rib Sandwich Crispy Chicken Wrap Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Chef Salad	18 Build Your Own Sub Spicy Chicken Sandwich Tony's Cheese Pizza Potato Wedges Fruit and Veggie Bar Choice of Milk Chef Salad	19
22 HOM Green Beans Pasta with Hearty Meat Sauce Garlic Breadstick Mini Corn Dogs Pizza Green Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	23 Local Beef Beef Soft Shell Taco Pulled Pork Sandwich Pizza Spiced Pinto Beans Fruit or Veggie Bar Choice of Milk Crispy Chicken Salad	24 Cheesecake Dunkers Marinara Sauce Crispy Chicken Sandwich Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	25 Chicken Bacon Ranch Calzone Classic Cheeseburger Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	26
29 Country Fried Chicken & Gravy Whole Grain Dinner Roll Hot Ham & Cheese Pizza Mashed Potatoes Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	30 Local Beef Beef Nachos Grilled Cheese Sandwich Pizza Refried Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	1		

PRICES

Students	\$3.10
Extra Entree	\$1.60
Extra Milk	\$0.50
Reduced	\$0.40
Adult Lunch	\$5.25

EXTRA INFO

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

HARVEST OF



THE MONTH

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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		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 Hot Dog	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	X									
Beef Nachos	2oz meat, 1.5oz meat, serving	370	32.39	9.014	22.559	7.658	26.578	829.448	3.371	*1.079*	153.649	2.016	156.406	0.652			X		X					
Beef Nachos	431	33 g	15 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 Soft Shell 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					
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					
Brown Rice, WG	1/2 cup	118	25.74	2.783	0	0	0	2.352	0	0	n/a	0	1.568	0.509										
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 Bisco Sticks	1 each	220	26 g	12 g	7 g	4 g	15 mg	300 mg	1 g	n/a	10	200 mg	1.8 mg	1.8 mg	X		X		X					
Cheesebread Drinkers	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					
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 Bacon Ranch Calzone	each	460	36.11	24.81	19.32	8.566	46.172	747.908	3.795	4.89	150	0	300	2.427	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					
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							
Country Fried Chicken & Gravy	1 patty, gravy	410	29.555	30	19.185	4	70	981.426	4	0	100	0.6	40	2.88	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	24mg	10mg	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		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		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 Toast Sticks	6 sticks	420	52	16	18	4	210	580	4	22	0	80	2.2	2.2	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	3.54	10.266	5.9	0.307										
Fruit or 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										
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		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 & Cheese	sandwich	350	31 g	15 g	20.66 g	8.49 g	43 mg	1188 mg	1 g	n/a	422	6.08	40 mg	1.58 mg	X		X		X					
Italian Stromboli	each	386	41 g	19 g	17.98 g	7.41 g	49 mg	1025 mg	6 g	n/a	937	2.4	288 mg	1.91 mg	X	X	X		X					
Marinara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	n/a	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							
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							
Pasta with Hearty 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	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		X					
Pizza Rollup	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		X					
Popcorn Chicken Bowl	1 bowl	425	46 g	22 g	18 g	4 g	30 mg	995 mg	5 g	2 g	81 lu	26 mg	87 mg	2.5 mg	X		X		X					
Potato Wedges	1/2 cup	94	19 g	2 g	1.68 g	0.43 g	0 mg	38 mg	2 g	n/a	0	8.6	12 mg	54 mg										
Pulled Pork Sandwich	4oz	184	0	22	10	4	72	404	0	0	n/a	n/a	n/a	n/a										
Pzza	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						
Refried Beans	1/2 cup	118	20 g	7 g	1.6 g	0.6 g	10 mg	140 mg	7 g	n/a	0	7.6	44 mg	2.09 mg			X							
Roasted Broccoli	1/2 cup	26	5.264	2.622	0.002	0	0	58.678	1.757	1.745	0.262	115.143	0.633			X								
Spiced Pinto Beans	1/2 cup	161	29.674	6.536	1.296	0	0	370.627	11.777	*1.296*	65	1.555	103.77	1.401			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										
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							
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					
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 Snack

September
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Cheese Stick Graham Crackers	3 Yogurt Sliced Apple	4 Pretzels Milk	5
8 Grape Uncrustable Milk	9 Goldfish Crackers Milk	10 Peanut butter Sliced Apple	11 Fun with D&J Crackers Milk	12
15 Snack Bread Milk	16 Cheetos Milk	17 Mini-Cinnis Milk	18 Pretzels Milk	19
22 Baby Carrots Ranch Dressing	23 Brekkie Milk	24 Cereal Bar Milk	25 Fun with D&J Crackers Milk	26
29 Muffin Milk	30 Pop-tart Milk	1		

PRICES

EXTRA INFO

HARVEST OF



THE MONTH

Menus and nutrition
our app
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Winner OST September 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
Baby 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										
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						
Cheetos	package	140	19	2	6	1	0	120	3	0	0	0	0	0.36	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							
Grape Untrustable	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							
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-Cornis	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							
Peanut butter	2 tbsp	96	3.597	3.581	8.282	1.665	0.00	2.741	0.806	1.692	0.00	0.00	7.901	0.281				X						
Pop-art	1 pouch	170	37	2	3	1	0	120	3	15	500	0	130	1.8	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									
Ranch Dressing	2 tbsp or 1 packet	130	1	0	14	2	10	180	0	1	0	0	0	0		X			X					
Sliced Apple	each	72	19.058	0.359	0.235	0.039	0	1.38	3.312	14.338	4.14	6.348	8.28	0.166										
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					
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					