

Winner Middle & High School Lunch Menu

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 	30 	1 Chicken & Cheese Quesadilla Hamburger on a Bun Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	2 Local Beef Steak Grill out!!! Steak Sandwich Potato Wedges Fruit and Veggie Bar Choice of Milk Cheesecake Cups	3 Homecoming Noon Dismissal Sack Lunch Cheese Bosco Sticks Baby Carrots Fresh Fruit Choice of Milk
6 Macaroni & Cheese Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza Green Beans Fruit and Veggie Bar Choice of Milk Chicken Taco Salad	7 Local Beef Totchos Ham, Egg & Cheese on Biscuit Pizza Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk Chicken Taco Salad	8 Toasted Italian Cheese Sandwich Marinara Sauce Crispy Chicken Sandwich Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Chicken Taco Salad	9 HOM - Apples & Cinnamon Popcorn Chicken Bowl Yogurt Pak with Pretzel Pizza Corn Fruit and Veggie Bar Choice of Milk Chicken Taco Salad	10
13 Chicken Alfredo w/Pasta Garlic Breadstick Mini Corn Dogs Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	14 Local Beef Beef Nachos French Toast Sticks Sausage Patty Pizza Refried Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	15 Orange Chicken Brown Rice, WG Pulled Pork Sandwich Pizza Steamed Carrots Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	16 Baked Potato Bar Crispy Chicken Wrap Tony's Cheese Pizza Roasted Broccoli Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	17
20 Local Beef Tater Tot Casserole Whole Grain Dinner Roll Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Green Beans Fruit and Veggie Bar Choice of Milk Chef Salad	21 Local Beef Beef Taco BBQ Rib Sandwich Pizza Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk Chef Salad	22 Local Beef Grilling Day!!! Grilled Hamburger Baked Beans Fruit and Veggie Bar Choice of Milk Cookie	23 Chicken Pot Pie Flaky Biscuit Meatballs and Gravy Brown Rice, WG Pizza Steamed Peas Fruit and Veggie Bar Choice of Milk Chef Salad	24 HOM - Kale
27 Local Beef Beef Chili Cornbread Corn Dog Pizza Potato Wedges Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	28 Local Beef Beef Nachos Italian Stromboli Pizza Refried Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	29 Local Beef Goulash Garlic Breadstick Spicy Chicken Sandwich Pizza Green Beans Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	30 Local Beef Build Your Own Sub Sloppy Joe on a Bun Pizza Rollup Roasted Broccoli Fruit and Veggie Bar Choice of Milk Crispy Chicken Salad	31

PRICES

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

EXTRA INFO

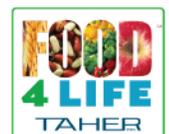
Milk Choices of 1% White or Fat Free Chocolate is included with lunch. For questions or comments, contact the Food Service Director via email winnerfsd@taher.com

HARVEST OF



THE MONTH

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Winner Elementary Lunch Menu

October
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1 Chicken & Cheese Quesadilla Hamburger on a Bun Roasted Broccoli Fruit and Veggie Bar Choice of Milk	2 Tony's Cheese Pizza Hot Dog on a Bun Carrots Fruit and Veggie Bar Choice of Milk	3 Homecoming Noon Dismissal Cheese Bosco Sticks Marinara Sauce Steamed Peas Fruit and Veggie Bar Choice of Milk
6 Macaroni & Cheese Crispy Chicken Nuggets Whole Grain Dinner Roll Green Beans Fruit and Veggie Bar Choice of Milk	7 Local Beef Totchos Ham, Egg & Cheese on Biscuit Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk	8 Toasted Italian Cheese Sandwich Marinara Sauce Crispy Chicken Sandwich Corn Fruit and Veggie Bar Choice of Milk	9 Homemade Pepperoni Pizza Yogurt Pak with Pretzel Carrots Fruit and Veggie Bar Choice of Milk	10
13 HOM Vanilla Chicken Alfredo w/Pasta Garlic Breadstick Mini Corn Dogs Steamed Peas Fruit and Veggie Bar Choice of Milk	14 Local Beef Beef Nachos French Toast Sticks Sausage Patty Refried Beans Fruit and Veggie Bar Choice of Milk	15 Orange Chicken Brown Rice, WG Pulled Pork Sandwich Steamed Carrots Fruit and Veggie Bar Choice of Milk	16 Tony's Cheese Pizza Crispy Chicken Wrap Corn Fruit and Veggie Bar Choice of Milk	17
20 Local Beef Tater Tot Casserole Whole Grain Dinner Roll Crispy Chicken Tenders Whole Grain Dinner Roll Green Beans Fruit and Veggie Bar Choice of Milk	21 Local Beef Beef Taco BBQ Rib Sandwich Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk	22 Cheesebread Dunkers Marinara Sauce Meatballs and Gravy Brown Rice, WG Steamed Peas Fruit and Veggie Bar Choice of Milk	23 Local Beef Grilling Day!!! Grilled Hamburger on a Bun Baked Beans Fruit and Veggie Bar Choice of Milk Cookie	24
27 Local Beef Beef Chili Cornbread Corn Dog Potato Wedges Fruit and Veggie Bar Choice of Milk	28 Local Beef Beef Nachos Italian Stromboli Refried Beans Fruit and Veggie Bar Choice of Milk	29 Local Beef Goulash Garlic Breadstick Spicy Chicken Sandwich Green Beans Fruit and Veggie Bar Choice of Milk	30 Homemade Pepperoni Pizza Sloppy Joe on a Bun Roasted Broccoli Fruit and Veggie Bar Choice of Milk	31

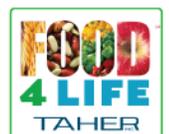
PRICES	Student Lunch	\$3.00
	Reduced	\$0.40
	Extra Entree	\$1.60
	Extra Milk	\$0.50
	Adult Lunch	\$5.25
	EXTRA INFO	

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

CRANBERRY
BUTTERNUT SQUASH
VANILLA

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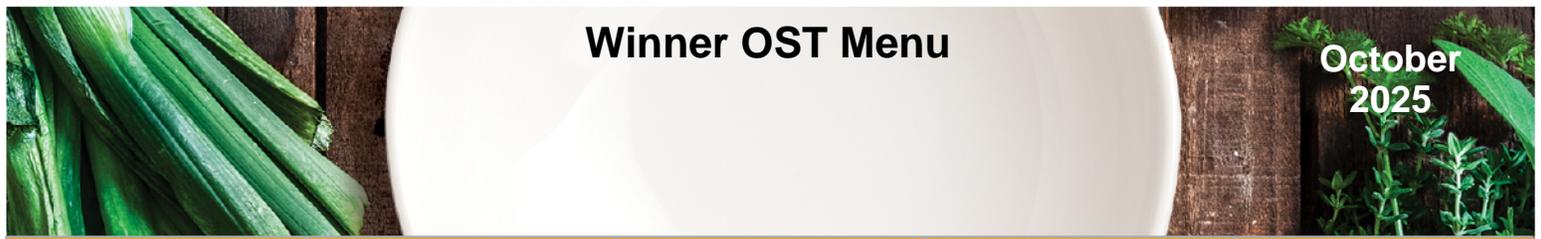


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Winner OST Menu

October
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1 Chocolate Chip Brekkie ,WG Milk	2 Pretzels Juice (6 fl oz)	3 Noon Dismissal
6 Yogurt Graham Crackers	7 Goldfish Crackers Milk	8 Peanut butter Sliced Apple	9 Fun with D&J Crackers Milk	10
13 Banana Chocolate Chip Snack Bread,WG Milk	14 Cheese Stick Graham Crackers	15 Cereal Bar Milk	16 Pretzels Milk	17
20 Pop-tart Milk	21 Goldfish Crackers Milk	22 Cheetos Milk	23 Fun with D&J Crackers Milk	24
27 Muffin Milk	28 Graham Crackers Milk	29 Mini Maple Waffles Milk	30 Uncrustable Milk	31

PRICES

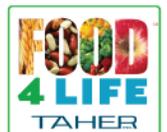
EXTRA INFO

HARVEST OF



THE MONTH

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Winner Breakfast Menu

October
2025

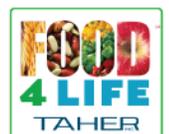


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1 Banana Chocolate Chip Snack Bread, WG Cheese Stick Cereal Choice Graham Crackers Fruit or Juice Selection Choice of Milk	2 Chicken Breakfast Biscuit Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	3 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk
6 Frudel Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	7 Breakfast Sandwich Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	8 Coffee Cake Cheese Stick Choice of Cereal Fun with D&J Crackers Fruit or Juice Selection Choice of Milk	9 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	10
13 Cinnamon Cream Cheese Filled Bagel Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	14 Mini Pancakes Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	15 Mini Donut Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	16 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	17
20 Pancake on a Stick Choice of Cereal Graham Crackers Fruit- or Juice Selection Choice of Milk	21 Muffin Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	22 Yogurt Parfait with Strawberries & Granola Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	23 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	24
27 Brekkie, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	28 Bacon Breakfast Pizza Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	29 Banana Chocolate Chip Snack Bread, WG Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	30 French Toast Sticks Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	31

PRICES	Student	\$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



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Winner Breakfast October 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
Bacon Breakfast Pizza	each	250	27.4	11.9	10.7	4.2	71.4	395.4	2.4	6	250	0	120	0.18	X	X	X		X					
Banana Chocolate Chip Snack Bread,WG	each	260	32	4	13	4	35	220	2	15	19	0	30	1.3	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					
Brekkie, WG	each	380	51	5	18	8	15	290	4	25	87	0	30	1.2	X	X	X		X					
Cereal Choice	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							
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 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	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1					X					
Cinnamon 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					
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					
Coffee Cake	1 slice	290	53 g	4 g	7.62 g	1.88 g	20 mg	249 mg	2 g	n/a	129	10.91	63 mg	0.97 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					
Fruitel	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					
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										
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										
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					
Graham Crackers	package (3 ea)	90	17	1	2.5	0	0	90	1	5	500	0	0	0.72	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 Pancakes	1 pouch	220	37 g	4 g	6 g	0.5 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	0.72 mg	X	X	X		X					
Muffin	each	190	30	4	7	2	15	200	2	16	n/a	n/a	30	1.5	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							
Yogurt Parfait with Strawberries & Granola	each	509	103.054	12.324	6.091	1.321	6.67	206.742	7.312	59.302	342.297	89.058	283.145	2.849					X					

Winner MS/HS Lunch October 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										
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 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 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	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										
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					
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 & Cheese Quesadilla	2 halves	335	28 g	22 g	16.72 g	8.24 g	74 mg	964 mg	4 g	n/a	1134	9.51	337 mg	0.86 mg	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					
Chicken Pot Pie	1 serving & 1 biscuit	393	44 g	28 g	11.84 g	7.86 g	53 mg	833 mg	4 g	n/a	3693	2.98	268 mg	64.33 mg	X		X		X					
Chicken Taco Salad	each	397	39 g	20 g	18.5 g	5.27 g	50 mg	665 mg	5 g	n/a	508	12.97	211 mg	1.46 mg	X	X	X		X					
Choice of Milk	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1					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 each	190	33	3	9.5	0.500	25	160	1	17	0	0	57	1	X	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	330	39	21	11.5	2	35	580	4	3	100	0.6	80	2.88	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							
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					
Flaky Biscuit	1 each	210	27 g	4 g	10 g	9 g	0 mg	460 mg	2 g	n/a	10	0	150 mg	1.08 mg	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					
Fresh Fruit	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 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										
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					
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 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, 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					
Hamburger on a Bun	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							
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					
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					
Marinara Sauce	1/2 cup	60	10	2	1.5	0	0	135	2	5	n/a	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							
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 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					
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							
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							
Sausage Patty	each	230	1	7	22	8	45	370	0	0	19.9	0.2	22.9	0.8										
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							
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										
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										
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					
Toasted Italian Cheese Sandwich	each	444	35.448	19.881	18	9.905	30	838.854	3.965	8.553	205.103	0.049	463.121	3.397	X		X		X					

Winner OST October 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 Chip Snack Bread,WG	each	260	32	4	13	4	35	220	2	15	19	0	30	1.3	X	X	X		X					
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	serving(11 ea)	140	19	2	6	1	0	110	2	0	n/a	n/a	20	0.36										
Chocolate Chip Brekkie ,WG	each	330	54	5	12	5	15	340	3	28	138	0	30	2.1	X	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	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1					X					
Mini Maple Waffles	pouch	190	35	5	5	1.5	0	200	5	9	1000	0	200	3.6	X	X	X		X					
Muffin	each	190	30	3	6	2	30	130	2	16	0	0	20	1.08	X	X	X							
Pop-tart	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									
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										
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	4oz container	80	15	3	0	0	0	75	0	12	n/a	n/a	320	0					X					