

# Winner Middle & High School Lunch Menu

November  
2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Cheese Bosco Sticks Marinara Sauce Italian Meatball Sub  Pizza  Steamed Green Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>4</b> <b>Local Beef</b> Beef Tacos Churro Pulled Pork Sandwich  Pizza  Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>5</b> Crispy Chicken Sandwich  Turkey BLT Wrap  Pizza  Roasted Broccoli Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>6</b> Popcorn Chicken Bowl  Ham Deli Sub Sandwich  Tony's Cheese Pizza  Corn Fruit and Veggie Bar Choice of Milk Turkey BLT Salad	<b>7</b>
<b>10</b> <b>Local Beef</b> Cheeseburger Calzone  Mini Corn Dogs  Pizza  Sweet Potato Tots Fruit and Veggie Bar Choice of Milk Beef Taco Salad	<b>11</b> <b>Local Beef</b> Beef Nachos  Turkey & Cheese Sandwich  Pizza  Refried Beans Fruit and Veggie Bar Choice of Milk Beef Taco Salad	<b>12</b> <b>Local Beef</b> Italian Beef Lasagna Garlic Breadstick Sloppy Joe on a Bun  Pizza  Steamed Peas Fruit and Veggie Bar Choice of Milk Beef Taco Salad	<b>13</b> Baked Potato Bar  Classic Cheeseburger  Pizza  Roasted Broccoli Fruit and Veggie Bar Choice of Milk Beef Taco Salad	<b>14</b>
<b>17</b> <b>Local Beef</b> Pizza Bake Garlic Breadstick Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza  Steamed Peas Fruit and veggie Bar Choice of Milk Buffalo Chicken Salad	<b>18</b> <b>Local Beef</b> Taco Burger  French Toast Sticks Scrambled Egg Pizza  Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	<b>19</b> <b>Holiday Meal</b> Roast Turkey & Gravy Mashed Potatoes Whole Grain Dinner Roll  Cheesy Green Beans Fruit and Veggie Bar Choice of Milk Pumpkin Pie Parfait	<b>20</b> <b>HOM: Pumpkin &amp; Sage</b> Build Your Own Sub  Spicy Chicken Sandwich  Tony's Cheese Pizza  Corn Fruit and Veggie Bar Choice of Milk Buffalo Chicken Salad	<b>21</b>
<b>24</b> Crispy Chicken Tenders Whole Grain Dinner Roll Corn Dog  Pizza  Steamed Peas Fruit and Veggie Bar Choice of Milk	<b>25</b> <b>Noon Dismissal Sack Lunch</b> Double Dog Day  Veggie Fruit Choice of Milk	<b>26</b> <b>No School</b>	<b>27</b> <b>No School Happy Thanksgiving!</b>	<b>28</b>
<b>1</b>				

**PRICES**

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

**EXTRA INFO**

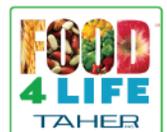
Milk Choices of 1% White or Fat Free Chocolate is included with lunch. For questions or comments, contact the Food Service Director via email [winnerfsd@taher.com](mailto:winnerfsd@taher.com)

**HARVEST OF**



**THE MONTH**

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TaHer Food4Life®



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# Winner Elementary Lunch Menu

November  
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Roasted Beef Hot Dog on a Bun Italian Meatball Sub Steamed Green Beans Fruit and Veggie Bar Choice of Milk	<b>4</b> <b>Local Beef</b> Beef Tacos Pulled Pork Sandwich Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk Churro	<b>5</b> Crispy Chicken Sandwich Turkey BLT Wrap Corn Fruit and Veggie Bar Choice of Milk	<b>6</b> Tony's Cheese Pizza Ham Deli Sub Sandwich Roasted Broccoli Fruit and Veggie Bar Choice of Milk	<b>7</b>
<b>10</b> <b>Local Beef</b> Mini Corn Dogs Cheeseburger Calzone Sweet Potato Tots Fruit and Veggie Bar Choice of Milk	<b>11</b> <b>Local Beef</b> Beef Nachos Turkey & Cheese Sandwich Refried Beans Fruit and Veggie Bar Choice of Milk	<b>12</b> <b>Local Beef</b> Italian Beef Lasagna Garlic Breadstick Sloppy Joe on a Bun Steamed Peas Fruit and Veggie Bar Choice of Milk	<b>13</b> Homemade Pepperoni Pizza Classic Cheeseburger Carrots Fruit and Veggie Bar Choice of Milk	<b>14</b>
<b>17</b> <b>Local Beef</b> Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza Bake Garlic Breadstick Steamed Peas Fruit and veggie Bar Choice of Milk	<b>18</b> <b>Local Beef</b> Taco Burger French Toast Sticks Scrambled Egg Spiced Pinto Beans Fruit and Veggie Bar Choice of Milk	<b>19</b> <b>Holiday Meal</b> Roast Turkey & Gravy Mashed Potatoes Whole Grain Dinner Roll Cheesy Green Beans Fruit and Veggie Bar Choice of Milk Pumpkin Pie Parfait	<b>20</b> <b>HOM: Pumpkin &amp; Sage</b> Tony's Cheese Pizza Spicy Chicken Sandwich Corn Fruit and Veggie Bar Choice of Milk	<b>21</b>
<b>24</b> Crispy Chicken Tenders Whole Grain Dinner Roll Corn Dog Steamed Peas Fruit and Veggie Bar Choice of Milk	<b>25</b> <b>Noon Dismissal</b> Beef Hot Dog on a Bun Marinara Sauce Veggie Fruit Choice of Milk	<b>26</b> <b>No School</b>	<b>27</b> <b>No School Happy Thanksgiving!</b>	<b>28</b>
<b>1</b>				

<b>PRICES</b>	Student Lunch	\$3.00
	Reduced	\$0.40
	Extra Entree	\$1.60
	Extra Milk	\$0.50
	Adult Lunch	\$5.00
	<b>EXTRA INFO</b>	

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](mailto:winnerfsd@taher.com)

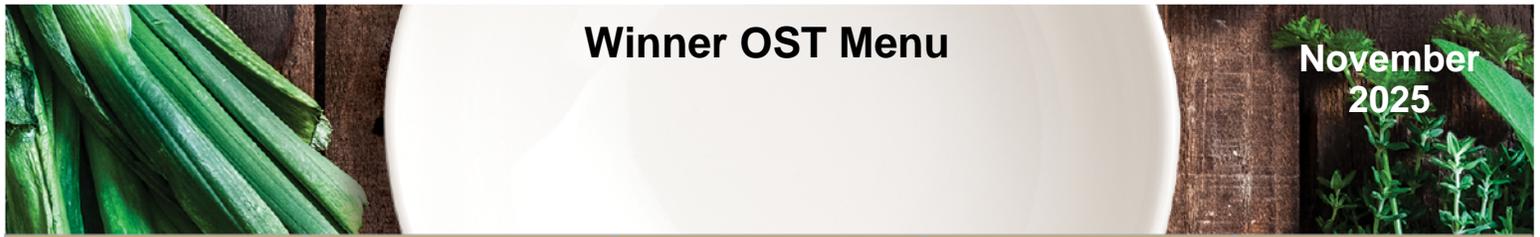


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[www.taher.com](http://www.taher.com)

# Winner OST Menu

November  
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Yogurt Graham Crackers	<b>4</b> Goldfish Crackers Milk	<b>5</b> Brekkie, WG Milk	<b>6</b> Pretzel Juice (6oz)	<b>7</b>
<b>10</b> Banana Chocolate Chip Snack Bread, WG Milk	<b>11</b> Cheese Stick Graham Crackers	<b>12</b> Cereal Milk	<b>13</b> Harvest Cheddar Sunchip Juice (6 fl oz)	<b>14</b>
<b>17</b> Churro Milk	<b>18</b> Goldfish Crackers Milk	<b>19</b> Peanut Butter Sliced Apple	<b>20</b> Fun with D&J Crackers Milk	<b>21</b>
<b>24</b> Muffin Milk	<b>25</b> <b>Noon Dismissal</b>	<b>26</b> <b>No School</b>	<b>27</b> <b>No School</b>	<b>28</b>
<b>1</b>				

PRICES

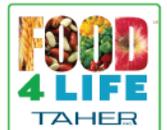
EXTRA INFO

HARVEST OF



THE MONTH

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# Winner Breakfast Menu

November  
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Mini Maple Waffles</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>4</b></p> <p>Chicken Breakfast Biscuit</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>5</b></p> <p>Pancake on a Stick, WG</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>6</b></p> <p>Frosted Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>7</b></p>
<p><b>10</b></p> <p>Cinnamon Cream Cheese Filled Bagel</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>11</b></p> <p>Cheese Omelet Whole Grain Toast</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>12</b></p> <p>Muffin Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>13</b></p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>14</b></p>
<p><b>17</b></p> <p>Pancakes</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>18</b></p> <p>Mini Donut Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>19</b></p> <p>Biscuits and Gravy</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>20</b></p> <p>Frosted Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>21</b></p>
<p><b>24</b></p> <p>Brekkie, WG</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>25</b></p> <p>Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>26</b>      <b>No School</b></p>	<p><b>27</b>      <b>No school</b></p>	<p><b>28</b></p>
<p><b>1</b></p>				

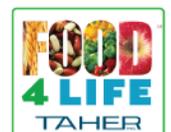
<b>PRICES</b>	Student	\$2.00
	Extra Entree	\$1.05
	Reduced	\$0.30
	Extra Milk	\$0.50
	Adult	\$2.85

**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](mailto:winnerfsd@taher.com)



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# Winner MS/HS Lunch November 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 Potato Bar	each	100	21.4	2.6	0.1	0	0	14	2.3	1.1	10	8.28	18	1.062										
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					
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					
Cheeseburger Calzone	slice	385	39 g	20 g	15.65 g	7.78 g	44 mg	749 mg	4 g	n/a	530	0.02	260 mg	2.18 mg	X	X	X		X					
Cheesy Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
Choice of Milk	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1					X					
Churro	each	130	13 g	2 g	8 g	2 g	10 mg	115 mg	1 g	n/a	0	0	0 mg	1.8 mg	X	X	X		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							
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	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							
Double Dog Day	each	310	28	12	17.5	7	35	860	3	3	0	0	60	3.42	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					
Fruit	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	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										
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					
Ham Deli Sub Sandwich	each	399	49 g	17 g	14.63 g	4.3 g	40 mg	1150 mg	4 g	n/a	1396	3.6	245 mg	4.92 mg	X	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					
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	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							
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	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					
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					
Pulled Pork Sandwich	4oz	184	0	22	10	4	72	404	0	0	n/a	n/a	n/a	n/a										
Pumpkin Pie Parfait	1 container	304	62.5	6.7	3.5	0	2	224	4	41.5	8416	1.5	369	1.7	X		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							
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							
Scrambled Egg	1/4 cup	78	1 g	7 g	5.12 g	1.55 g	214 mg	128 mg	0 g	n/a	91	0.2	40 mg	0.01 mg		X			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							
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 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 Potato Tots	1/2 cup	142	23.625	1.181	4.134	0	0	236.246	3.544	10.631	4134.3	1.417	23.625	0.472										
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	381	49 g	18 g	12.1 g	3.54 g	33 mg	1028 mg	4 g	n/a	1396	3.6	245 mg	3.92 mg	X	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					
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					
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19.41 g	5.58 g	54 mg	765 mg	4 g	n/a	130	4.82	63 mg	1.62 mg	X	X	X		X					
Veggie	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										
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 Elementary Lunch November 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
Beef Hot Dog on a Bun	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					
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					
Carrots	1/2cup	40	10	0	0	0	0	140	2	4	n/a	n/a	n/a	n/a										
Cheeseburger Calzone	slice	385	39 g	20 g	15.65 g	7.78 g	44 mg	749 mg	4 g	n/a	530	0.02	260 mg	2.18 mg	X	X	X		X					
Cheesy Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
Choice of Milk	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1					X					
Churro	each	130	13 g	2 g	8 g	2 g	10 mg	115 mg	1 g	n/a	0	0	0 mg	1.8 mg	X	X	X		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							
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	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							
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					
Fruit	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	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										
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					
Ham Deli Sub Sandwich	each	399	49 g	17 g	14.63 g	4.3 g	40 mg	1150 mg	4 g	n/a	1396	3.6	245 mg	4.92 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					
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					
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	1/4 cup	30	5	1	0.75	0	0	67.5	1	2.5	n/a	0	10	0.54										
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					
Pulled Pork Sandwich	4oz	184	0	22	10	4	72	404	0	0	n/a	n/a	n/a	n/a										
Pumpkin Pie Parfait	1 container	304	62.5	6.7	3.5	0	2	224	4	41.5	8416	1.5	369	1.7	X		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							
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 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	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							
Scrambled Egg	1/4 cup	78	1 g	7 g	5.12 g	1.55 g	214 mg	128 mg	0 g	n/a	91	0.2	40 mg	0.01 mg		X			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							
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 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 Potato Tots	1/2 cup	142	23.625	1.181	4.134	0	0	236.246	3.544	10.631	4134.3	1.417	23.625	0.472										
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	381	49 g	18 g	12.1 g	3.54 g	33 mg	1028 mg	4 g	n/a	1396	3.6	245 mg	3.92 mg	X	X	X		X					
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19.41 g	5.58 g	54 mg	765 mg	4 g	n/a	130	4.82	63 mg	1.62 mg	X	X	X		X					
Veggie	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										
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 November 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					
Brekkie, WG	each	380	51	5	18	8	15	290	4	25	87	0	30	1.2	X	X	X		X					
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							
Cheese Stick	each	80	1	7	6	3.5	20	200	0	0	0	0	150	0					X					
Churro	each	130	13 g	2 g	8 g	2 g	10 mg	115 mg	1 g	n/a	0	0	0 mg	1.8 mg	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							
Harvest Cheddar Sunchip	package	140	19	2	6	0.5	0	170	2	2	0	0	10	0.6	X									
Juice (6 fl oz)	pouch	90	21	0	0	0	0	25	0	20	0	0	0	0.36										
Juice (6oz)	pouch	90	21	0	0	0	0	25	0	20	0	0	0	0.36										
Milk	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1					X					
Muffin	each	180	28	3	7	1.5	15	160	2	13	n/a	n/a	30	0.8	X	X	X		X					
Peanut Butter	1oz	200	7	7	16	2	0	120	4	3	0	0	20	1.44										
Pretzel	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										
Yogurt	4oz container	80	15	3	0	0	0	75	0	12	n/a	n/a	320	0					X					