

Winner Middle & High School Lunch Menu

January
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
<p>5 HOM: Kale</p> <p>Cheese Bosco Sticks Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll Pizza</p> <p>Steamed Peas Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>6</p> <p>Pulled Pork Nachos</p> <p>French Toast Sticks Scrambled Egg Patty Pizza</p> <p>Breakfast Potatoes Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>7</p> <p>Orange Chicken Brown Rice, WG Crispy Chicken Sandwich</p> <p>Pizza</p> <p>Steamed Carrots Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>8</p> <p>Chicken Fried Steak Sandwich</p> <p>Classic Cheeseburger</p> <p>Tony's Pizza</p> <p>Baked Beans Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>9</p>
<p>12</p> <p>Beef Hot Dog on a Bun</p> <p>Turkey & Cheese Sandwich</p> <p>Pizza</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p>13 Local Beef</p> <p>Soft Beef Tacos</p> <p>Italian Beef Lasagna Garlic Toast Pizza</p> <p>Refried Beans Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p>14</p> <p>Cheese Bread Dunkers</p> <p>Italian Meatball Sub</p> <p>Pizza</p> <p>Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p>15</p> <p>Popcorn Chicken Bowl</p> <p>Pulled Pork Sandwich</p> <p>Pizza</p> <p>Corn Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p>16</p>
<p>19 Local Beef</p> <p>Hearty Beef Chili Cinnamon Roll Crispy Chicken Tenders Whole Grain Dinner Roll Pizza</p> <p>Green Peas Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p>20 Local Beef</p> <p>Beef Nachos</p> <p>Italian Stromboli</p> <p>Pizza</p> <p>Black Beans Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p>21</p> <p>Chicken Bacon Ranch Melt</p> <p>Corn Dog</p> <p>Pizza</p> <p>Corn Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p>22</p> <p>Baked Potato Bar</p> <p>Spicy Chicken Sandwich</p> <p>Tony's Pizza</p> <p>Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p>23</p> <p>Oven Fried Chicken Leg Whole Grain Dinner Roll Crispy Chicken Wrap</p> <p>Pizza</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>
<p>26 Local Beef</p> <p>Pizza Bake Garlic Breadstick Turkey BLT Wrap</p> <p>Pizza</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad</p>	<p>27 HOM - Rosemary</p> <p>Soft Shell Chicken Taco</p> <p>Mini Corn Dogs</p> <p>Pizza</p> <p>Garlic Rosemary Potatoes Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad</p>	<p>28</p> <p>Meatballs & Gravy Brown Rice, WG BBQ Rib Sandwich</p> <p>Pizza</p> <p>Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad</p>	<p>29</p> <p>Chicken Pot Pie Flaky Biscuit Grilled Cheese Sandwich</p> <p>Pizza</p> <p>Mixed Vegetables Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad</p>	<p>30</p>

PRICES

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

EXTRA INFO

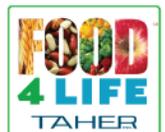
Milk Choices of 1% White or Fat Free
Chocolate is included with lunch. For questions
or comments, contact the Food Service
Director via email winnerfsd@taher.com

HARVEST OF



THE MONTH

Menus and nutrition
our app
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Winner Elementary Lunch Menu

January
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
<p>5 HOM: Kale</p> <p>Cheese Bosco Sticks Marinara Sauce Crispy Chicken Nuggets Whole Grain Dinner Roll</p> <p>Steamed Peas Fruit and Vegetable Bar Choice of Milk</p>	<p>6</p> <p>Pulled Pork Nachos</p> <p>French Toast Sticks Scrambled Egg Patty</p> <p>Breakfast Potatoes Fruit and Vegetable Bar Choice of Milk</p>	<p>7</p> <p>Orange Chicken Brown Rice, WG Crispy Chicken Sandwich</p> <p>Steamed Carrots Fruit and Vegetable Bar Choice of Milk</p>	<p>8</p> <p>Pepperoni Pizza</p> <p>Cheeseburger</p> <p>Baked Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>9</p>
<p>12</p> <p>Beef Hot Dog on a Bun</p> <p>Turkey & Cheese Sandwich</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>13 Local Beef</p> <p>Soft Beef Tacos</p> <p>Italian Beef Lasagna Garlic Toast Refried Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>14</p> <p>Cheese Bread Dunkers</p> <p>Italian Meatball Sub</p> <p>Roasted Broccoli Fruit and Vegetable Bar Choice of Milk</p>	<p>15</p> <p>Homemade Cheese Pizza</p> <p>Pulled Pork Sandwich</p> <p>Mixed Vegetables Fruit and Vegetable Bar Choice of Milk</p>	<p>16</p>
<p>19 Local Beef</p> <p>Hearty Beef Chili Cinnamon Roll Crispy Chicken Tenders Whole Grain Dinner Roll Green Peas Fruit and Vegetable Bar Choice of Milk</p>	<p>20 Local Beef</p> <p>Beef Nachos</p> <p>Italian Stromboli</p> <p>Black Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>21</p> <p>Chicken Bacon Ranch Melt</p> <p>Corn Dog</p> <p>Corn Fruit and Vegetable Bar Choice of Milk</p>	<p>22</p> <p>Pepperoni Pizza</p> <p>Spicy Chicken Sandwich</p> <p>Carrots Fruit and Vegetable Bar Choice of Milk</p>	<p>23</p> <p>Oven Fried Chicken Leg Whole Grain Dinner Roll Crispy Chicken Wrap</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk</p>
<p>26 Local Beef</p> <p>Pizza Bake Garlic Breadstick Turkey BLT Wrap</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>27 HOM - Rosemary</p> <p>Soft Shell Chicken Taco</p> <p>Mini Corn Dogs</p> <p>Garlic Rosemary Potatoes Fruit and Vegetable Bar Choice of Milk</p>	<p>28</p> <p>Meatballs & Gravy Brown Rice, WG BBQ Rib Sandwich</p> <p>Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>29</p> <p>Homemade Cheese Pizza</p> <p>Grilled Cheese Sandwich</p> <p>Mixed Vegetables Fruit and Vegetable Bar Choice of Milk</p>	<p>30</p>

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

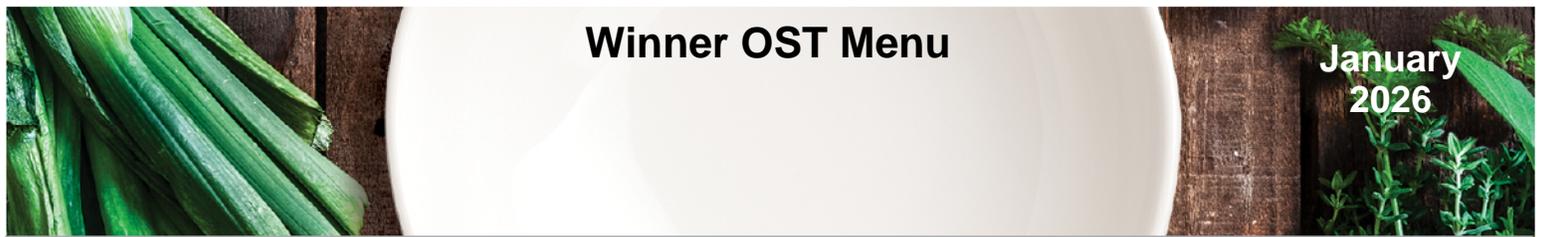


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www.taher.com

Winner OST Menu

January
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
5 Snack Bread Milk	6 Cheese Stick Graham Crackers	7 Yogurt Sliced Apple	8 Pretzels Juice (6 fl oz)	9
12 Grape Uncrustable Milk	13 Goldfish Crackers Milk	14 Peanut butter Sliced Apple	15 Graham Crackers Milk	16
19 Choice of Cereal Milk	20 Rice Krispie Treat Milk	21 Brekkie, WG Milk	22 Muffin Milk	23 Graham Crackers Milk
26 Yogurt Graham Crackers	27 Pop tart Milk	28 Baby Carrots Ranch Dressing	29 Fun with D&J Crackers Milk	30

PRICES

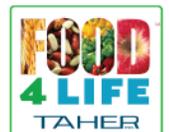
EXTRA INFO

HARVEST OF



THE MONTH

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Winner Breakfast Menu

January
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
5 Cinnamon Cream Cheese Filled Bagel Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	6 Egg & Cheese Biscuit Sandwich Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	7 Cheese Omelet Toast Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	8 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	9
12 Mini French Toast Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	13 Biscuits and Gravy Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	14 Muffin Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	15 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	16 Student/Staff Friday
19 Brekkie, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	20 Breakfast Pizza Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	21 Snack Bread Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	22 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	23 Chef's Choice Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk
26 Tortilla Wrapped Omelet Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	27 Chicken Breakfast Biscuit Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	28 Pancake on a Stick, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	29 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	30

PRICES

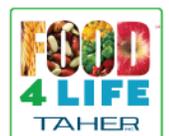
Student	\$2.00
Extra Entree	\$1.05
Reduced	\$0.30
Extra Milk	\$0.50
Adult	\$3.10

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 **TaHer Food4Life®**



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Winner MS/HS Lunch January 26

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 Hot Dog on a Bun	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										
Breakfast Potatoes	1/2 cup	122	22 g	3 g	2.8 g	0.2 g	0 mg	398 mg	3 g	n/a	0	8.4	1 mg	0.01 mg										
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					
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 Bread Dunkers	2 each	382	37 g	19 g	18.88 g	6.7 g	28 mg	824 mg	6 g	n/a	577	6	409 mg	1.98 mg	X	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 Melt	1/2 sandwich	442	28 g	26 g	24.51 g	8.93 g	75 mg	832 mg	3 g	n/a	212	0	233 mg	1.14 mg	X	X	X		X					
Chicken Fried Steak Sandwich	1 patty, 2oz gr	348	22.313	16.712	20.628	7.503	50.485	639.377	2.09	0.664	2.021	2.459	27.055	2.858	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					
Choice of Milk	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1					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					
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 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					
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					
Garlic Rosemary Potatoes	1/2 cup	134	21 g	3 g	4.5 g	0.33 g	0 mg	208 mg	1 g	n/a	5	1.81	16 mg	0.53 mg										
Garlic Toast	each	113	14 g	3 g	5.1 g	2.1 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1.04 mg	X	X	X		X					
Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
Green Peas	1/2 cup	61	9.848	3.788	0	0	0	0	3.788	3.788	n/a	0	15.151	1.091										
Grilled Cheese Sandwich	each	481	34.6	19.2	25.348	11.948	50	813.124	4	4	n/a	0	672	1.8	X		X		X					
Hearty 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										
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
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										
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 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										
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							
Oven Fried Chicken Leg	each	220	6	19	13	3	60	530	1	0	100	0	14	1	X									
Pizza	slice	375	36.536	22.314	9.18	7.53	30	509.851	4.938	5.058	291.45	1.372	404.572	1.493	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					
Pulled Pork Nachos	1 serving	707	47 g	28 g	43.5 g	11.63 g	127 mg	968 mg	5 g	n/a	595	4.11	118 mg	2.1 mg	X		X		X					
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							
Scrambled Egg Patty	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					
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					
Soft Shell Chicken Taco	3 each 1/2 cup rice	436	60.934	20.470	16.175	5.885	49.277	611.672	4.457	1.127	571.483	3.592	144.241	5.160			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										
Tony's 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					
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				
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				
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 January 26

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 on a Bun	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										
Breakfast Potatoes	1/2 cup	122	22 g	3 g	2.8 g	0.2 g	0 mg	398 mg	3 g	n/a	0	8.4	1 mg	0.01 mg										
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										
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					
Cheese Bread Dunkers	2 each	382	37 g	19 g	18.88 g	6.7 g	28 mg	824 mg	6 g	n/a	577	6	409 mg	1.98 mg	X	X	X		X					
Cheeseburger	each	320	31	20	15	6	40	750	3	1	n/a	n/a	220	3	X		X		X					X
Chicken Bacon Ranch Melt	1/2 sandwich	442	28 g	26 g	24.51 g	8.93 g	75 mg	832 mg	3 g	n/a	212	0	233 mg	1.14 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					
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					
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							
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	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					
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					
Garlic Rosemary Potatoes	1/2 cup	134	21 g	3 g	4.5 g	0.33 g	0 mg	208 mg	1 g	n/a	5	1.81	16 mg	0.53 mg										
Garlic Toast	each	113	14 g	3 g	5.1 g	2.1 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1.04 mg	X	X	X		X					
Green Beans	1/2cup	25	4	1	0	0	0	140	2	2	n/a	n/a	n/a	n/a										
Green Peas	1/2 cup	61	9.848	3.788	0	0	0	0	3.788	3.788	n/a	0	15.151	1.091										
Grilled Cheese Sandwich	each	481	34.6	19.2	25.348	11.948	50	813.124	4	4	n/a	0	672	1.8	X		X		X					
Hearty 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										
Homemade Cheese Pizza	slice	375	36.536	22.314	9.18	7.53	30	509.851	4.938	5.058	291.45	1.372	404.572	1.493	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
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										
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 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										
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							
Oven Fried Chicken Leg	each	220	6	19	13	3	60	530	1	0	100	0	14	1	X									
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					
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					
Pulled Pork Nachos	1 serving	707	47 g	28 g	43.5 g	11.63 g	127 mg	968 mg	5 g	n/a	595	4.11	118 mg	2.1 mg	X		X		X					
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							
Scrambled Egg Patty	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					
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					
Soft Shell Chicken Taco	3 each 1/2 cup rice	436	60.934	20.470	16.175	5.885	49.277	611.672	4.457	1.127	571.483	3.592	144.241	5.160			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										
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 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					
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 Breakfast January 26

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					
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					
Brekkie, WG	each	380	51	5	18	8	15	290	4	25	87	0	30	1.2	X	X	X		X					
Cheese Omelet	each	130	2 g	7 g	10 g	4 g	180 mg	300 mg	0 g	n/a	300	0	80 mg	0.72 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 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									
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					
Egg & Cheese Biscuit Sandwich	each	435	31 g	16 g	27.96 g	13.25 g	309 mg	1171 mg	2 g	n/a	20138	3.3	3150 mg	1.26 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										
Graham Crackers	package (3 ea)	90	17	1	2.5	0	0	90	1	5	500	0	0	0.72	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					
Muffin	each	180	28	3	7	1.5	15	160	2	13	n/a	n/a	30	0.8	X	X	X		X					
Pancake on a Stick,WG	each	200	17	7	10	2.5	25	310	3	4	0	0	20	1.8	X	X	X							
Snack Bread	each	260	32	4	13	4	35	220	2	15	19	0	30	1.3	X	X	X		X					
Toast	1 slice	80	16 g	4 g	1 g	0 g	0 mg	95 mg	2 g	n/a	0	0	40 mg	0.72 mg	X		X							X

Winner Ost January 26

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	1/4 cup	12	3 g	0 g	0.05 g	0.01 g	0 mg	27 mg	1 g	n/a	4848	0.91	11 mg	0.31 mg											
Brekkie, WG	each	380	51	5	18	8	15	290	4	25	87	0	30	1.2	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 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										
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 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								
Juice (6 fl oz)	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	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 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										
Ranch Dressing	2 tbsp or 1 packet	130	1	0	14	2	10	180	0	1	0	0	0	0		X			X						
Rice Krispie Treat	1 each	160	30 g	1 g	4 g	1 g	0 mg	140 mg	1 g	n/a	0	0	0 mg	1.8 mg			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	each	260	32	4	13	4	35	220	2	15	19	0	30	1.3	X	X	X		X						
Yogurt	4oz container	80	15	3	0	0	0	75	0	12	n/a	n/a	320	0					X						