

# Winner Middle & High School Lunch Menu

February  
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll Ham and Cheese Flatbread</p> <p>Pizza</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p><b>3</b>      <b>Local Beef</b></p> <p>Beef Nacho</p> <p>Corn Dog</p> <p>Pizza</p> <p>Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p><b>4</b>      <b>Local Beef</b></p> <p>Lasagna Garlic Toast Crispy Chicken Sandwich</p> <p>Pizza</p> <p>Mixed Vegetables Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p><b>5</b></p> <p>Popcorn Chicken Bowl Whole Grain Dinner Roll Classic Cheeseburger</p> <p>Tony's Pizza</p> <p>Corn Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p><b>6</b></p>
<p><b>9</b></p> <p>Creamy Macaroni &amp; Cheese</p> <p>Roasted Beef Hot Dog on a Bun</p> <p>Pizza</p> <p>Baked Beans Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p><b>10</b></p> <p>Pulled Pork Taco</p> <p>Sausage, Egg &amp; Cheese on English Muffin</p> <p>Pizza</p> <p>Black Beans Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p><b>11</b></p> <p>Toasted Italian Cheese Sandwich Marinara Sauce Spicy Chicken Sandwich</p> <p>Pizza</p> <p>Steamed Peas Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p><b>12</b></p> <p>Baked Potato Bar</p> <p>BBQ Rib Sandwich</p> <p>Pizza</p> <p>Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p><b>13</b></p>
<p><b>16</b></p> <p>Crispy Chicken Tenders Whole Grain Dinner Roll Cheese &amp; Pepperoni Flatbread</p> <p>Pizza</p> <p>Steamed Peas Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p><b>17</b>      <b>Local Beef</b></p> <p>Beef Nacho</p> <p>Italian Stromboli</p> <p>Pizza</p> <p>Refried Beans Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p><b>18</b></p> <p>Cheese Bosco Sticks Marinara Sauce Orange Chicken Brown Rice, WG Pizza</p> <p>Steamed Carrots Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p><b>19</b></p> <p>Build Your Own Sub</p> <p>Pulled Pork Sandwich</p> <p>Tony's Pizza</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p><b>20</b>      <b>IF WE HAVE SCHOOL</b></p> <p>Pasta w/ Hearty Meat Sauce Garlic Toast Chef's Choice</p> <p>Pizza</p> <p>Steamed Peas Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>
<p><b>23</b>      <b>Local Beef</b></p> <p>Beef Chili Cinnamon Roll Turkey &amp; Cheese Sandwich</p> <p>Pizza</p> <p>Mixed Vegetables Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad</p>	<p><b>24</b>      <b>Local Beef</b></p> <p>Soft Beef Tacos</p> <p>Meatballs and Gravy Brown Rice, WG Pizza</p> <p>Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad</p>	<p><b>25</b></p> <p>Pork Tex Mex Bowl</p> <p>Grilled Cheese Sandwich</p> <p>Pizza</p> <p>Carrots Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad</p>	<p><b>26</b></p> <p>Philly Cheesesteak</p> <p>Pretzel Yogurt Pak</p> <p>Pizza</p> <p>Corn Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad</p>	<p><b>27</b></p>

**PRICES**

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

**EXTRA INFO**

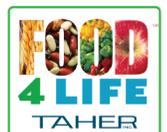
Milk Choices of 1% White or Fat Free Chocolate is included with lunch. For questions or comments, contact the Food Service Director via email [winnerfsd@taher.com](mailto:winnerfsd@taher.com)

**HARVEST OF**



**OF THE MONTH**

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# Winner Elementary Lunch Menu

February  
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll Ham and Cheese Flatbread</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk</p>	<p><b>3</b>      <b>Local Beef</b></p> <p>Beef Nacho</p> <p>Corn Dog</p> <p>Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk</p>	<p><b>4</b>      <b>Local Beef</b></p> <p>Crispy Chicken Sandwich</p> <p>Lasagna Garlic Toast Corn Fruit and Vegetable Bar Choice of Milk</p>	<p><b>5</b></p> <p>Pepperoni Pizza</p> <p>Classic Cheeseburger</p> <p>Steamed Carrots Fruit and Vegetable Bar Choice of Milk</p>	<p><b>6</b></p>
<p><b>9</b></p> <p>Creamy Macaroni &amp; Cheese</p> <p>Roasted Beef Hot Dog on a Bun</p> <p>Baked Beans Fruit and Vegetable Bar Choice of Milk</p>	<p><b>10</b></p> <p>Pulled Pork Taco</p> <p>Sausage, Egg &amp; Cheese on English Muffin</p> <p>Black Beans Fruit and Vegetable Bar Choice of Milk</p>	<p><b>11</b></p> <p>Toasted Italian Cheese Sandwich Marinara Sauce Spicy Chicken Sandwich</p> <p>Steamed Peas Fruit and Vegetable Bar Choice of Milk</p>	<p><b>12</b></p> <p>Homemade Cheese Pizza</p> <p>Cheese Bosco Sticks Marinara Sauce</p> <p>Steamed Corn Fruit and Vegetable Bar Choice of Milk</p>	<p><b>13</b></p>
<p><b>16</b></p> <p>Crispy Chicken Tenders Whole Grain Dinner Roll Cheese &amp; Pepperoni Flatbread</p> <p>Roasted Broccoli Fruit and Vegetable Bar Choice of Milk</p>	<p><b>17</b>      <b>Local Beef</b></p> <p>Beef Nacho</p> <p>Italian Stromboli</p> <p>Refried Beans Fruit and Vegetable Bar Choice of Milk</p>	<p><b>18</b></p> <p>Orange Chicken Brown Rice, WG BBQ Rib Sandwich</p> <p>Steamed Carrots Fruit and Vegetable Bar Choice of Milk</p>	<p><b>19</b></p> <p>Pepperoni Pizza</p> <p>Pulled Pork Sandwich</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk</p>	<p><b>20</b>      <b>IF WE HAVE SCHOOL</b></p> <p>Pasta w/ Hearty Meat Sauce Garlic Toast Beef Hot Dog</p> <p>Steamed Peas Fruit and Vegetable Bar Choice of Milk</p>
<p><b>23</b>      <b>Local Beef</b></p> <p>Beef Chili Cinnamon Roll Turkey &amp; Cheese Sandwich</p> <p>Mixed Vegetables Fruit and Vegetable Bar Choice of Milk</p>	<p><b>24</b>      <b>Local Beef</b></p> <p>Soft Beef Tacos</p> <p>Meatballs and Gravy Brown Rice, WG Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk</p>	<p><b>25</b></p> <p>Pork Tex Mex Bowl</p> <p>Grilled Cheese Sandwich</p> <p>Carrots Fruit and Vegetable Bar Choice of Milk</p>	<p><b>26</b></p> <p>Homemade Cheese Pizza</p> <p>Pretzel Yogurt Pak</p> <p>Corn Fruit and Vegetable Bar Choice of Milk</p>	<p><b>27</b></p>

<b>PRICES</b>	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](mailto:winnerfsd@taher.com)



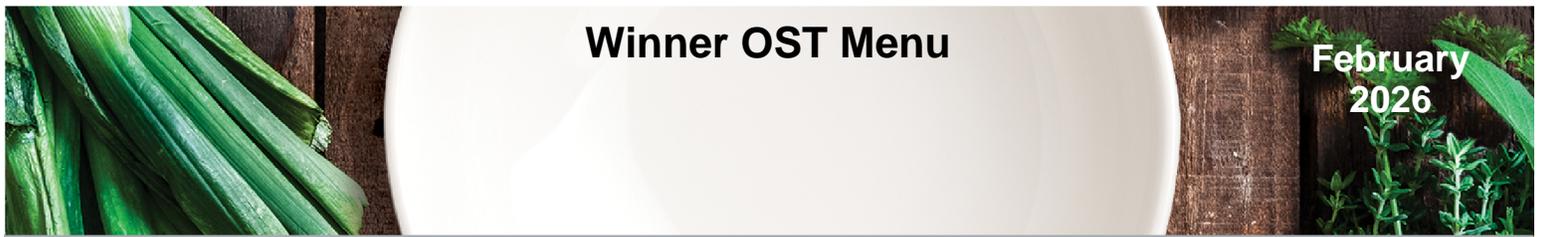
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# Winner OST Menu

February  
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Snack Bread Milk	<b>3</b> Cheese Stick Graham Crackers	<b>4</b> Yogurt Sliced Apple	<b>5</b> Cheetos Milk	<b>6</b>
<b>9</b> Cereal Bar Milk	<b>10</b> Goldfish Crackers Milk	<b>11</b> Peanut Butter Sliced Apple	<b>12</b> Muffin Milk	<b>13</b>
<b>16</b> Choice of Cereal Milk	<b>17</b> Granola bar Milk	<b>18</b> Yogurt Sliced Apple	<b>19</b> Pretzels Juice (6 fl oz)	<b>20</b>
<b>23</b> Pop-tart Milk	<b>24</b> Goldfish Crackers Milk	<b>25</b> Fruit rollup Scooby grahams	<b>26</b> Cheddar Popcorn Milk	<b>27</b>

PRICES

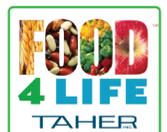
EXTRA INFO

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# Winner Breakfast Menu

February  
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Strawberry Cream Cheese Filled Bagel Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>3</b></p> <p>Egg &amp; Cheese on a Biscuit</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>4</b></p> <p>Cheese Omelet Whole Grain Toast Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>5</b></p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>6</b></p>
<p><b>9</b></p> <p>French Toast Sticks</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>10</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>11</b></p> <p>Muffin Choice Cheese Stick Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>12</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>13</b>     <b>Student/Staff Friday</b></p>
<p><b>16</b></p> <p>Brekkie, WG</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>17</b></p> <p>Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>18</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>19</b></p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>20</b>     <b>IF WE HAVE SCHOOL</b></p> <p>Chef's Choice</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>
<p><b>23</b></p> <p>Tortilla Wrapped Omelet</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>24</b></p> <p>Snack Bread Cheese Stick Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>25</b></p> <p>Mini Donut Cheese Stick Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p><b>26</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>27</b></p>

<b>PRICES</b>	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](mailto:winnerfsd@taher.com)



**Menus and Nutrition**

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# Winner MS/HS Lunch February 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	6 g	1 g	0 g	0 mg	424 mg	4 g	9 g	0	0	0 mg	0 mg										
Baked Potato Bar	each	100	21 g	3 g	0 g	0 g	0 mg	14 mg	2 g	1 g	10	8	18 mg	1 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	60 mg	4 mg	X		X							
Beef Chili	1/2 cup	209	6 g	13 g	11 g	5 g	39 mg	302 mg	2 g	n/a	612	5	26 mg	2 mg										
Beef Nacho	serving	431	33 g	15 g	25 g	7 g	42 mg	545 mg	3 g	4 g	101	2	66 mg	2 mg			X		X					
Black Beans	1/2 cup	155	26 g	9 g	2 g	0 g	0 mg	286 mg	9 g	3 g	0	0	56 mg	2 mg										
Brown Rice, WG	1/2 cup	118	26 g	3 g	0 g	0 g	0 mg	2 mg	0 g	0 g	n/a	0	2 mg	1 mg										
Buffalo Chicken Salad	1 salad	529	38 g	24 g	30 g	7 g	49 mg	1094 mg	6 g	3 g	652	11	211 mg	3 mg	X		X		X					
Build Your Own Sub	1 sandwich	368	35 g	18 g	17 g	6 g	52 mg	1236 mg	1 g	n/a	142	5	116 mg	6 mg	X		X		X					
Carrots	1/2cup	40	10 g	0 g	0 g	0 g	0 mg	140 mg	2 g	4 g	n/a	n/a	n/a	n/a										
Cheese & Pepperoni Flatbread	1 each	431	30 g	22 g	24 g	11 g	48 mg	920 mg	3 g	n/a	304	1	430 mg	1 mg	X	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	2 mg	X		X		X					
Chef Salad	1 salad	234	9 g	14 g	15 g	5 g	90 mg	965 mg	2 g	3 g	508	16	49 mg	1 mg	X	X	X		X					
Choice of Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
Cinnamon Roll	1 each	100	16 g	2 g	3 g	1 g	5 mg	105 mg	2 g	n/a	20	0	20 mg	1 mg	X	X	X		X					
Classic Cheeseburger	each	310	29 g	21 g	15 g	6 g	38 mg	735 mg	3 g	4 g	100	0	130 mg	3 mg	X		X		X					
Corn	1/2c	80	17 g	2 g	2 g	0 g	0 mg	15 mg	2 g	7 g	n/a	n/a	n/a	n/a										
Corn Dog	each	240	30 g	9 g	9 g	3 g	40 mg	470 mg	2 g	8 g	0	0	60 mg	2 mg	X	X	X							
Creamy Macaroni & Cheese	1 cup	501	46 g	21 g	26 g	13 g	55 mg	1043 mg	6 g	5 g	1303	11	305 mg	2 mg	X		X		X					
Crispy Chicken Nuggets	5 nuggets	240	16 g	14 g	14 g	3 g	25 mg	340 mg	3 g	1 g	135	1	2 mg	10 mg	X		X							
Crispy Chicken Salad	each	406	20 g	23 g	24 g	9 g	80 mg	901 mg	4 g	n/a	701	13	266 mg	3 mg	X	X	X		X					
Crispy Chicken Sandwich	each	330	39 g	21 g	12 g	2 g	35 mg	580 mg	4 g	3 g	100	1	80 mg	3 mg	X		X							X
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	3 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X							
Garlic Toast	each	113	14 g	3 g	5 g	2 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1 mg	X	X	X		X					
Green Beans	1/2cup	25	4 g	1 g	0 g	0 g	0 mg	140 mg	2 g	2 g	n/a	n/a	n/a	n/a										
Grilled Cheese Sandwich	each	481	35 g	19 g	25 g	12 g	50 mg	813 mg	4 g	4 g	n/a	0	672 mg	2 mg	X		X		X					
Ham and Cheese Flatbread	each	304	29 g	16 g	15 g	6 g	41 mg	1101 mg	3 g	4 g	10	0	122 mg	1 mg	X		X		X					
Italian Stromboli	each	386	41 g	19 g	18 g	7 g	49 mg	1025 mg	6 g	n/a	937	2	288 mg	2 mg	X	X	X		X					
Lasagna	1 serving	411	34 g	27 g	18 g	8 g	69 mg	426 mg	4 g	9 g	840	0	188 mg	3 mg	X				X					
Marinara Sauce	1/2 cup	60	10 g	2 g	2 g	0 g	0 mg	135 mg	2 g	5 g	n/a	0	20 mg	1 mg										
Marinara Sauce	1/4 cup	30	5 g	1 g	1 g	0 g	0 mg	68 mg	1 g	3 g	n/a	0	10 mg	1 mg										
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	n/a										
Orange Chicken	1 serving	361	39 g	17 g	15 g	3 g	23 mg	552 mg	4 g	17 g	11	3	2 mg	0 mg	X		X							
Pasta w/ Hearty Meat Sauce	3 oz sce/.5 c	325	35 g	22 g	9 g	3 g	51 mg	286 mg	3 g	9 g	480	6	37 mg	4 mg	X									
Pizza	slice	375	37 g	22 g	9 g	8 g	30 mg	510 mg	5 g	5 g	291	1	405 mg	1 mg	X				X					
Pizza	slice	410	37 g	23 g	12 g	9 g	37 mg	642 mg	5 g	5 g	291	1	405 mg	2 mg	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	26	87 mg	3 mg	X		X		X					
Pork Tex Mex Bowl	1 serving	591	68 g	26 g	26 g	10 g	70 mg	1287 mg	6 g	n/a	966	7	163 mg	25 mg	X		X		X					
Pretzel Yogurt Pak	1 serving	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a										
Pulled Pork Sandwich	1 sandwich	257	24 g	14 g	12 g	4 g	33 mg	346 mg	3 g	n/a	633	0	158 mg	2 mg	X		X							
Pulled Pork Taco	1 taco	658	21 g	3 g	58 g	22 g	76 mg	772 mg	3 g	n/a	571	20	59 mg	1 mg	X		X							
Refried Beans	1/2 cup	118	20 g	7 g	2 g	1 g	10 mg	140 mg	7 g	n/a	0	8	44 mg	2 mg			X							
Roasted Beef Hot Dog on a Bun	each	310	28 g	12 g	18 g	7 g	35 mg	860 mg	3 g	3 g	0	0	60 mg	3 mg	X									
Roasted Broccoli	1/2 cup	26	5 g	3 g	0 g	0 g	0 mg	59 mg	2 g	2 g	0	115	35 mg	1 mg			X							
Sausage, Egg & Cheese on English Muffin	sandwich	520	36 g	19 g	33 g	11 g	155 mg	1040 mg	4 g	2 g	n/a	n/a	250 mg	3 mg	X	X	X		X					
Soft Beef Tacos	2 each	322	25	20	16	7	59	365	4	2	278	2	87	2	X		X		X					
Spiced Pinto Beans	1/2 cup	161	30 g	7 g	1 g	0 g	0 mg	371 mg	12 g	1 g	65	2	104 mg	1 mg										
Spicy Chicken Sandwich	each	330	38 g	22 g	12 g	2 g	35 mg	640 mg	4 g	3 g	0	1	60 mg	3 mg	X		X							
Steamed Carrots	1/2 cup	33	8 g	0 g	1 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	1 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	0 mg	1 mg										
Toasted Italian Cheese Sandwich	each	444	35 g	20 g	18 g	10 g	30 mg	839 mg	4 g	9 g	205	0	463 mg	3 mg	X		X		X					
Tony's Pizza	each	265	31 g	12 g	11 g	4 g	19 mg	853 mg	2 g	n/a	352	1	151 mg	2 mg	X		X		X					
Turkey & Cheese Sandwich	each	338	33 g	24 g	8 g	2 g	48 mg	710 mg	4 g	5 g	1418	7	136 mg	15 mg	X		X		X					
Turkey BLT Salad	1 salad	627	29 g	30 g	41 g	11 g	83 mg	1714 mg	3 g	n/a	256	7	31 mg	13 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	1 mg	X		X							

# Winner Elementary Lunch February 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	6 g	1 g	0 g	0 mg	424 mg	4 g	9 g	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	60 mg	4 mg	X		X							
Beef Chili	1/2 cup	209	6 g	13 g	11 g	5 g	39 mg	302 mg	2 g	n/a	612	5	26 mg	2 mg										
Beef Hot Dog	each	310	28 g	12 g	18 g	7 g	35 mg	860 mg	3 g	3 g	0	0	60 mg	3 mg	X									
Beef Nacho	serving	431	33 g	15 g	25 g	7 g	42 mg	545 mg	3 g	4 g	101	2	66 mg	2 mg			X		X					
Black Beans	1/2 cup	155	26 g	9 g	2 g	0 g	0 mg	286 mg	9 g	3 g	0	0	56 mg	2 mg										
Brown Rice, WG	1/2 cup	118	26 g	3 g	0 g	0 g	0 mg	2 mg	0 g	0 g	n/a	0	2 mg	1 mg										
Carrots	1/2cup	40	10 g	0 g	0 g	0 g	0 mg	140 mg	2 g	4 g	n/a	n/a	n/a	n/a										
Cheese & Pepperoni Flatbread	1 each	431	30 g	22 g	24 g	11 g	48 mg	920 mg	3 g	n/a	304	1	430 mg	1 mg	X	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	2 mg	X		X		X					
Choice of Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
Cinnamon Roll	1 each	100	16 g	2 g	3 g	1 g	5 mg	105 mg	2 g	n/a	20	0	20 mg	1 mg	X	X	X		X					
Classic Cheeseburger	each	310	29 g	21 g	15 g	6 g	38 mg	735 mg	3 g	4 g	100	0	130 mg	3 mg	X		X		X					
Corn	1/2c	80	17 g	2 g	2 g	0 g	0 mg	15 mg	2 g	7 g	n/a	n/a	n/a	n/a										
Corn Dog	each	240	30 g	9 g	9 g	3 g	40 mg	470 mg	2 g	8 g	0	0	60 mg	2 mg	X	X	X							
Creamy Macaroni & Cheese	1 cup	501	46 g	21 g	26 g	13 g	55 mg	1043 mg	6 g	5 g	1303	11	305 mg	2 mg	X		X		X					
Crispy Chicken Nuggets	5 nuggets	240	16 g	14 g	14 g	3 g	25 mg	340 mg	3 g	1 g	135	1	2 mg	10 mg	X		X							
Crispy Chicken Sandwich	each	330	39 g	21 g	12 g	2 g	35 mg	580 mg	4 g	3 g	100	1	80 mg	3 mg	X		X							X
Crispy Chicken Tenders	3 each	260	16 g	15 g	15 g	3 g	25 mg	390 mg	3 g	n/a	384	3	20 mg	3 mg	X		X							
Garlic Toast	each	113	14 g	3 g	5 g	2 g	8 mg	183 mg	1 g	n/a	93	0	26 mg	1 mg	X	X	X		X					
Green Beans	1/2cup	25	4 g	1 g	0 g	0 g	0 mg	140 mg	2 g	2 g	n/a	n/a	n/a	n/a										
Grilled Cheese Sandwich	each	481	35 g	19 g	25 g	12 g	50 mg	813 mg	4 g	4 g	n/a	0	672 mg	2 mg	X		X		X					
Ham and Cheese Flatbread	each	304	29 g	16 g	15 g	6 g	41 mg	1101 mg	3 g	4 g	10	0	122 mg	1 mg	X		X		X					
Homemade Cheese Pizza	slice	375	37 g	22 g	9 g	8 g	30 mg	510 mg	5 g	5 g	291	1	405 mg	1 mg	X				X					
Italian Stromboli	each	386	41 g	19 g	18 g	7 g	49 mg	1025 mg	6 g	n/a	937	2	288 mg	2 mg	X	X	X		X					
Lasagna	1 serving	411	34 g	27 g	18 g	8 g	69 mg	426 mg	4 g	9 g	840	0	188 mg	3 mg	X				X					
Marinara Sauce	1/2 cup	60	10 g	2 g	2 g	0 g	0 mg	135 mg	2 g	5 g	n/a	0	20 mg	1 mg										
Marinara Sauce	1/4 cup	30	5 g	1 g	1 g	0 g	0 mg	68 mg	1 g	3 g	n/a	0	10 mg	1 mg										
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	n/a										
Orange Chicken	1 serving	361	39 g	17 g	15 g	3 g	23 mg	552 mg	4 g	17 g	11	3	2 mg	0 mg	X		X							
Pasta w/ Hearty Meat Sauce	3 oz sce/.5 c	325	35 g	22 g	9 g	3 g	51 mg	286 mg	3 g	9 g	480	6	37 mg	4 mg	X									
Pepperoni Pizza	each	265	31 g	12 g	11 g	4 g	19 mg	853 mg	2 g	n/a	352	1	151 mg	2 mg	X		X		X					
Pork Tex Mex Bowl	1 serving	591	68 g	26 g	26 g	10 g	70 mg	1287 mg	6 g	n/a	966	7	163 mg	25 mg	X		X		X					
Pretzel Yogurt Pak	1 serving	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a										
Pulled Pork Sandwich	1 sandwich	257	24 g	14 g	12 g	4 g	33 mg	346 mg	3 g	n/a	633	0	158 mg	2 mg	X		X							
Pulled Pork Taco	1 taco	658	21 g	3 g	58 g	22 g	76 mg	772 mg	3 g	n/a	571	20	59 mg	1 mg	X		X							
Refried Beans	1/2 cup	118	20 g	7 g	2 g	1 g	10 mg	140 mg	7 g	n/a	0	8	44 mg	2 mg			X							
Roasted Beef Hot Dog on a Bun	each	310	28 g	12 g	18 g	7 g	35 mg	860 mg	3 g	3 g	0	0	60 mg	3 mg	X									
Roasted Broccoli	1/2 cup	26	5 g	3 g	0 g	0 g	0 mg	59 mg	2 g	2 g	0	115	35 mg	1 mg			X							
Sausage, Egg & Cheese on English Muffin	sandwich	520	36 g	19 g	33 g	11 g	155 mg	1040 mg	4 g	2 g	n/a	n/a	250 mg	3 mg	X	X	X		X					
Soft Beef Tacos	2 each	322	25	20	16	7	59	365	4	2	278	2	87	2	X		X		X					
Spiced Pinto Beans	1/2 cup	161	30 g	7 g	1 g	0 g	0 mg	371 mg	12 g	1 g	65	2	104 mg	1 mg										
Spicy Chicken Sandwich	each	330	38 g	22 g	12 g	2 g	35 mg	640 mg	4 g	3 g	0	1	60 mg	3 mg	X		X							
Steamed Carrots	1/2 cup	33	8 g	0 g	1 g	0 g	0 mg	54 mg	3 g	n/a	0	0	33 mg	1 mg										
Steamed Corn	1/4 cup	46	10 g	1 g	0 g	0 g	0 mg	0 mg	0 g	n/a	0	2	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	0 mg	1 mg										
Toasted Italian Cheese Sandwich	each	444	35 g	20 g	18 g	10 g	30 mg	839 mg	4 g	9 g	205	0	463 mg	3 mg	X		X		X					
Turkey & Cheese Sandwich	each	338	33 g	24 g	8 g	2 g	48 mg	710 mg	4 g	5 g	1418	7	136 mg	15 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	1 mg	X		X							



# Winner OST February 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	
Cereal Bar	1 bar	150	30 g	3 g	3 g	0 g	0 mg	100 mg	3 g	n/a	100	1	200 mg	2 mg	X		X								
Cheddar Popcorn	1 cup	132	19 g	1 g	6 g	3 g	1 mg	66 mg	1 g	n/a	14	0	4 mg	0 mg	X		X		X						
Cheese Stick	each	80	1 g	7 g	6 g	4 g	20 mg	200 mg	0 g	0 g	0	0	150 mg	0 mg					X						
Cheetos	package	140	19 g	2 g	6 g	1 g	0 mg	120 mg	3 g	0 g	0	0	0 mg	0 mg	X										
Choice of Cereal	1 serving	83	18 g	1 g	0 g	0 g	0 mg	138 mg	1 g	n/a	485	7	32 mg	5 mg	X										
Goldfish Crackers	package	93	13 g	2 g	3 g	0 g	0 mg	157 mg	1 g	0 g	0	0	0 mg	1 mg	X				X						
Graham Crackers	package (3 ea)	90	17 g	1 g	3 g	0 g	0 mg	90 mg	1 g	5 g	500	0	0 mg	1 mg	X		X								
Juice (6 fl oz)	pouch	90	21 g	0 g	0 g	0 g	0 mg	25 mg	0 g	20 g	0	0	0 mg	0 mg											
Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X						
Muffin	1 each	237	28 g	5 g	4 g	1 g	38 mg	298 mg	2 g	n/a	185	9	51 mg	1 mg	X	X	X		X						
Peanut Butter	1oz	200	7 g	7 g	16 g	2 g	0 mg	120 mg	4 g	3 g	0	0	20 mg	1 mg											
Pop-tart	1 pouch	170	36 g	2 g	3 g	1 g	0 mg	120 mg	3 g	15 g	500	n/a	100 mg	2 mg	X		X								
Pretzels	1 package	80	16 g	2 g	1 g	0 g	0 mg	200 mg	2 g	1 g	0	0	20 mg	1 mg	X										
Scooby grahams	each	120	21 g	2 g	4 g	1 g	0 mg	100 mg	1 g	8 g	500	0	0 mg	1 mg	X	X	X								
Sliced Apple	each	72	19 g	0 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	6	8 mg	0 mg											
Snack Bread	each	260	32 g	4 g	13 g	4 g	35 mg	220 mg	2 g	15 g	19	0	30 mg	1 mg	X	X	X		X						
Yogurt	4oz container	80	15 g	3 g	0 g	0 g	0 mg	75 mg	0 g	12 g	n/a	n/a	320 mg	0 mg					X						