

Winner Middle & High School Lunch Menu

March
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Local Beef</p> <p>Pasta w/ Hearty Meat Sauce Garlic Toast Hamburger on a Bun</p> <p>Pizza</p> <p>Green Peas Fruit and Vegetable Bar Choice of Milk Beef Taco Salad</p>	<p>3 Local Beef</p> <p>Beef Nachos</p> <p>Spicy Chicken Sandwich</p> <p>Pizza</p> <p>Refried Beans Fruit and Vegetable Bar Choice of Milk Beef Taco Salad</p>	<p>4</p> <p>Chicken Bacon Ranch Flatbread French Toast Sticks</p> <p>Pizza</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk Beef Taco Salad</p>	<p>5</p> <p>Popcorn Chicken Bowl Dinner Roll Crispy Chicken Wrap</p> <p>Tony's Pizza</p> <p>Corn Fruit and Vegetable Bar Choice of Milk Beef Taco Salad</p>	<p>6</p>
<p>9</p> <p>Cheese Bosco Sticks Marinara Sauce Crispy Chicken Tenders Dinner Roll Pizza</p> <p>Mixed Vegetables Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>10 Local Beef</p> <p>Beef Tacos</p> <p>Beef Hot Dog</p> <p>Pizza</p> <p>Black Beans Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>11 HOM: Pineapple & Radish Local Beef</p> <p>Orange Chicken Brown Rice, WG Sloppy Joe on a Bun</p> <p>Pizza</p> <p>Carrots Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>12</p> <p>Baked Potato Bar</p> <p>Italian Meatball Sub</p> <p>Pizza</p> <p>Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>13</p>
<p>16 Local Beef</p> <p>Italian Pasta Bake Garlic Toast Corn Dog</p> <p>Pizza</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p>17 Local Beef</p> <p>Beef Nachos</p> <p>BBQ Pulled Pork Sandwich</p> <p>Pizza</p> <p>Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p>18 Local Beef</p> <p>Burger and Fry Bake Dinner Roll BBQ Rib Sandwich</p> <p>Pizza</p> <p>Corn Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p>19 Local Beef</p> <p>Build Your Own Sub</p> <p>Pizza Burger Melt</p> <p>Tony's Pizza</p> <p>Green Peas Fruit and Vegetable Bar Choice of Milk Chef Salad</p>	<p>20</p>
<p>23 Local Beef</p> <p>Homemade Salisbury Steak Dinner Roll Crispy Chicken Tenders Dinner Roll Pizza</p> <p>Mixed Vegetables Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p>24 Local Beef</p> <p>Beef Taquito</p> <p>Crispy Chicken Sandwich</p> <p>Pizza</p> <p>Refried Beans Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p>25 Local Beef</p> <p>Cheeseburger Flatbread</p> <p>Mini Corn Dogs</p> <p>Pizza</p> <p>Steamed Corn Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p>26</p> <p>Chicken Fried Steak Sandwich</p> <p>Hot Ham and Cheese</p> <p>Pizza</p> <p>Carrots Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad</p>	<p>27</p>
<p>30</p> <p>Shredded Pork Poutine - LTO Dinner Roll Chili Dog</p> <p>Pizza</p> <p>Steamed Peas Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>31 Local Beef</p> <p>Beef Nachos</p> <p>Egg & Cheese on a Biscuit</p> <p>Pizza</p> <p>Black Beans Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad</p>	<p>1</p>		

PRICES

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

EXTRA INFO

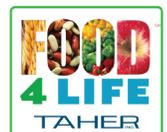
Milk Choices of 1% White or Fat Free Chocolate is included with lunch. For questions or comments, contact the Food Service Director via email winnerfsd@taher.com

HARVEST OF



OF THE MONTH

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Winner Elementary Lunch Menu

March
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Local Beef</p> <p>Hamburger on a Bun</p> <p>Pasta w/ Hearty Meat Sauce Garlic Toast Green Peas</p> <p>Fruit and Vegetable Bar Choice of Milk</p>	<p>3 Local Beef</p> <p>Beef Nachos</p> <p>Spicy Chicken Sandwich</p> <p>Refried Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>4</p> <p>French Toast Sticks Chicken Bacon Ranch Flatbread</p> <p>Green Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>5</p> <p>Pepperoni Pizza</p> <p>Crispy Chicken Wrap</p> <p>Roasted Carrots Fruit and Vegetable Bar Choice of Milk</p>	<p>6</p>
<p>9</p> <p>Cheese Bosco Sticks Marinara Sauce Crispy Chicken Tenders Dinner Roll</p> <p>Mixed Vegetables Fruit and Vegetable Bar Choice of Milk</p>	<p>10 Local Beef</p> <p>Beef Tacos</p> <p>Roasted Beef Hot Dog on a Bun</p> <p>Black Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>11 Local Beef</p> <p>Orange Chicken Brown Rice, WG Sloppy Joe on a Bun</p> <p>Carrots Fruit and Vegetable Bar Choice of Milk</p>	<p>12</p> <p>Homemade Cheese Pizza</p> <p>Italian Meatball Sub</p> <p>Corn Fruit and Vegetable Bar Choice of Milk</p>	<p>13</p>
<p>16 Local Beef</p> <p>Corn Dog</p> <p>Italian Pasta Bake Garlic Toast Green Beans</p> <p>Fruit and Vegetable Bar Choice of Milk</p>	<p>17 Local Beef</p> <p>Beef Nachos</p> <p>BBQ Pulled Pork Sandwich</p> <p>Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>18 Local Beef</p> <p>Burger and Fry Bake Dinner Roll BBQ Rib Sandwich</p> <p>Corn Fruit and Vegetable Bar Choice of Milk</p>	<p>19 Local Beef</p> <p>Pepperoni Pizza</p> <p>Pizza Burger Melt</p> <p>Green Peas Fruit and Vegetable Bar Choice of Milk</p>	<p>20</p>
<p>23 Local Beef</p> <p>Crispy Chicken Tenders Dinner Roll Homemade Salisbury Steak Dinner Roll Mixed Vegetables</p> <p>Fruit and Vegetable Bar Choice of Milk</p>	<p>24 Local Beef</p> <p>Crispy Chicken Sandwich</p> <p>Beef Taquito</p> <p>Refried Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>25 Local Beef</p> <p>Mini Corn Dogs</p> <p>Cheeseburger Flatbread</p> <p>Steamed Corn Fruit and Vegetable Bar Choice of Milk</p>	<p>26</p> <p>Homemade Cheese Pizza</p> <p>Hot Ham and Cheese</p> <p>Carrots Fruit and Vegetable Bar Choice of Milk</p>	<p>27</p>
<p>30</p> <p>Shredded Pork Poutine - LTO Dinner Roll Chili Dog</p> <p>Steamed Peas Fruit and Vegetable Bar Choice of Milk</p>	<p>31 Local Beef</p> <p>Beef Nachos</p> <p>Egg & Cheese on a Biscuit</p> <p>Black Beans Fruit and Vegetable Bar Choice of Milk</p>	<p>1</p>		

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

EXTRA INFORMATION

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

BLUEBERRY
ABUNDANT

PEAS
BOISANTES

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MENTA

MENUS & NUTRITION
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March
2026

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Strawberry Cream Cheese Filled Bagel Milk	3 Goldfish Crackers Milk	4 Peanut Butter Sliced Apple	5 Fun with D&J Crackers Milk	6
9 Snack Bread Milk	10 Cheese Stick Graham Crackers	11 Yogurt Sliced Apple	12 Muffin Milk	13
16 Brekkie, WG Milk	17 Cinnamon Roll, WG Milk	18 Double Chocoalte Oatmeal Snack Bar Milk	19 Pretzels Juice (6 fl oz)	20
23 Yogurt Graham Crackers	24 Goldfish Crackers Milk	25 Rice Krispie Treat Milk	26 Fun with D&J Crackers Milk	27
30 Snack Bread Milk	31 Cheese Stick Graham Crackers	1		This is for Food 4 Thought

PRICES

\$1.00	\$1.00
\$1.00	\$1.00
\$1.00	\$1.00
\$1.00	\$1.00
\$1.00	\$1.00

EXTRA INFO

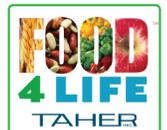
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HARVEST OF



OF THE MONTH

Menus and Nutrition
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Winner Breakfast Menu

March
2026



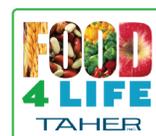
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Strawberry Cream Cheese Filled Bagel</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>3</p> <p>Egg & Cheese on a Biscuit</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>4</p> <p>Biscuits and Gravy</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>5</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>6 Student/Staff Friday</p>
<p>9</p> <p>Mini French Toast</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>10</p> <p>Mini Donut Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>11</p> <p>Muffin Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>12</p> <p>Frosted Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>13</p>
<p>16</p> <p>Brekkie, WG</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>17</p> <p>Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>18</p> <p>Snack Bread Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>19</p> <p>Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>20</p>
<p>23</p> <p>Tortilla Wrapped Omelet</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>24</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>25</p> <p>Fruitel</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>26</p> <p>Frosted Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>27 Student/Staff Friday</p>
<p>30</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>31</p> <p>Chicken Breakfast Biscuit</p> <p>Choice of Cereal Graham Crackers</p> <p>Fruit or Juice Selection Choice of Milk</p>	<p>1</p>		

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



Menus and Nutrition

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Winner MS/HS Lunch March 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 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 Pulled Pork Sandwich	each	449	39 g	24 g	23 g	8 g	66 mg	716 mg	3 g	15 g	32	0	167 mg	2 mg	X		X							X
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 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 Nachos	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					
Beef Taco Salad	each	431	39 g	16 g	24 g	8 g	45 mg	648 mg	5 g	n/a	508	13	211 mg	2 mg	X	X	X		X					
Beef Tacos	2 each	322	25	20	16	7	59	365	4	2	278	2	87	2	X		X		X					
Beef Taquito	2 each	200	17 g	17 g	12 g	4 g	38 mg	310 mg	2 g	n/a	708	0	209 mg	1 mg					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 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					
Cheeseburger Flatbread	1 burger	453	35 g	17 g	26 g	7 g	44 mg	918 mg	5 g	n/a	234	3	87 mg	3 mg	X	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					
Chicken Bacon Ranch Flatbread	1/2 sandwich	442	28 g	26 g	25 g	9 g	75 mg	832 mg	3 g	n/a	212	0	233 mg	1 mg	X	X	X		X					
Chicken Fried Steak Sandwich	1 patty, 2oz gr	348	22 g	17 g	21 g	8 g	50 mg	639 mg	2 g	1 g	2	2	27 mg	3 mg	X		X		X					
Chili Dog	each	330	28 g	13 g	19 g	7 g	40 mg	777 mg	4 g	n/a	263	14	161 mg	3 mg	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					
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							
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							
Crispy Chicken Wrap	1 each	355	33 g	20 g	16 g	6 g	54 mg	646 mg	6 g	n/a	252	1	181 mg	2 mg	X		X		X					
Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	100 mg	2 g	2	o	0	10 mg	0.6 mg	X	X	X		X					
Dinner Roll	2 each	160	28 g	8 g	2 g	0 g	0 mg	200 mg	4 g	2 g	0	0	20 mg	1 mg	X	X	X		X					
Egg & Cheese on a Biscuit	each	350	30 g	9 g	21 g	10 g	110 mg	800 mg	3 g	5 g	n/a	n/a	150 mg	1 mg	X	X	X		X					
French Toast Sticks	6 sticks	420	52 g	16 g	18 g	4 g	210 mg	580 mg	4 g	22 g	0	0	80 mg	2 mg	X	X	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										
Green Peas	1/2 cup	61	10 g	4 g	0 g	0 g	0 mg	0 mg	4 g	4 g	n/a	0	15 mg	1 mg										
Hamburger on a Bun	1 each	270	28 g	19 g	10 g	3 g	35 mg	480 mg	3 g	3 g	0	0	80 mg	3 mg	X		X							
Homemade Salisbury Steak	11 each	252	9 g	24 g	13 g	5 g	86 mg	246 mg	0 g	n/a	806	6	87 mg	3 mg	X	X	X							
Hot Ham and Cheese	1 sandwich	357	31 g	20 g	17 g	7 g	53 mg	1390 mg	4 g	n/a	115	0	20 mg	1 mg	X		X		X					
Italian Meatball Sub	1 sandwich	357	27 g	17 g	20 g	8 g	48 mg	608 mg	3 g	n/a	342	5	277 mg	3 mg	X		X		X					X
Italian Pasta Bake	1 1/3 cup	389	41 g	27 g	14 g	6 g	57 mg	320 mg	6 g	n/a	14226	15	474 mg	4 mg	X		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										
Mini Corn Dogs	6 each	320	35 g	12 g	15 g	3 g	55 mg	630 mg	1 g	7 g	201	18	60 mg	3 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	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 cup	276	31 g	18 g	8 g	3 g	43 mg	179 mg	3 g	3 g	203	3	25 mg	3 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					
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 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							
Shredded Pork Poutine - LTO	.5c potato, 2oz pork	499	49 g	27 g	21 g	8 g	53 mg	790 mg	3 g	2 g	149	2	265 mg	2 mg	X		X		X					
Sloppy Joe on a Bun	1 sandwich	301	32 g	20 g	10 g	4 g	49 mg	433 mg	2 g	n/a	528	4	117 mg	3 mg	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 Corn	1/2 cup	92	19 g	3 g	1 g	0 g	0 mg	0 mg	1 g	n/a	0	3	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										
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					

Winner OST March 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
Brekkie, WG	each	380	51 g	5 g	18 g	8 g	15 mg	290 mg	4 g	25 g	87	0	30 mg	1 mg	X	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					
Cinnamon Roll, WG	roll	250	40 g	6 g	8 g	5 g	15 mg	310 mg	3 g	15 g	n/a	0	50 mg	2 mg	X	X	X		X					
Double Chocoalte Oatmeal Snack Bar	each	150	24 g	2 g	5 g	1 g	0 mg	110 mg	3 g	n/a	0	0	0 mg	1 mg	X		X		X					
Fun with D&J Crackers	1 package	130	22 g	2 g	4 g	1 g	0 mg	115 mg	1 g	8 g	0	0	4 mg	1 mg	X	X			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	240	29 g	5 g	4 g	1 g	38 mg	298 mg	2 g	n/a	200	9	51 mg	1 mg	X	X	X		X					
Peanut Butter	2 tbsp	96	4 g	4 g	8 g	2 g	0 mg	3 mg	1 g	2 g	0	0	8 mg	0 mg				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									
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	2 mg			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					
Strawberry Cream Cheese Filled Bagel	1 package	240	41 g	6 g	6 g	3 g	10 mg	180 mg	2 g	n/a	100	0	20 mg	1 mg	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					