

Winner Middle & High School Lunch Menu

April
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 Local Beef Orange Chicken Brown Rice, WG Sloppy Joe on WG Bun Pizza Steamed Carrots Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	2 HOM: Mint Noon Dismissal Sack Lunch Cheese Bosco Sticks Baby Carrots Apple Choice of Milk	3
6 No School	7 Local Beef Soft Beef Tacos Pulled Pork Sandwich Pizza Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	8 Meatballs and Gravy Brown Rice, WG Crispy Chicken Sandwich Pizza Green Beans Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	9 Popcorn Chicken Bowl Dinner Roll Beef Hot Dog on a Bun Tony's Pizza Corn Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	10
13 Local Beef Chef Visit!!! Hot Ham & Cheese Mixed Vegetables Fruit and Vegetable Bar Choice of Milk	14 Local Beef Beef Nachos Italian Stromboli Pizza Refried Beans Fruit and Vegetable Bar Choice of Milk Chef Salad	15 Local Beef Beef Chili Cinnamon Roll BBQ Rib Sandwich Pizza Corn Fruit and Vegetable Bar Choice of Milk Chef Salad	16 Baked Potato Bar Spicy Chicken Sandwich Pizza Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Chef Salad	17
20 Local Beef Pizza Bake Garlic Toast Crispy Chicken Tenders Dinner Roll Pizza Carrots Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	21 Local Beef Soft Beef Tacos Mini Pancakes Sausage Patty Pizza Mexican Corn Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	22 Local Beef Grilling Day!!! Grilled Hamburger Baked Beans SideKicks Fruit and Vegetable Bar Choice of Milk	23 Build Your Own Sub Corn Dog Tony's Pizza Green Beans Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	24
27 Local Beef Goulash Garlic Breadstick Grilled Ham & Cheese Sandwich Pizza Carrots Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	28 Local Beef Beef Nachos Mini Corn Dogs Pizza Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	29 Creamy Macaroni & Cheese Chili Dog Pizza Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	30 Chicken Pot Pie Flaky Biscuit Yogurt Pak with Pretzel Pizza Steamed Peas Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	1

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

Menus and Nutrition
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Menus are subject to change without notice. This institution is an equal opportunity provider.



Winner Elementary Lunch Menu

April
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 Local Beef Orange Chicken Brown Rice, WG Sloppy Joe on WG Bun Steamed Carrots Fruit and Vegetable Bar Choice of Milk	2 HOM: Mint Noon Dismissal Ham&Cheese Sandwich Baby Carrots Apple Choice of Milk	3
6 No School	7 Local Beef Soft Beef Tacos Pulled Pork Sandwich Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk	8 Crispy Chicken Sandwich Meatballs and Gravy Brown Rice, WG Green Beans Fruit and Vegetable Bar Choice of Milk	9 Pepperoni Pizza Beef Hot Dog on a Bun Mixed Vegetables Fruit and Vegetable Bar Choice of Milk	10
13 Local Beef Hearty Beef Chili Cinnamon Roll Crispy Chicken Tenders Dinner Roll Corn Fruit and Vegetable Bar Choice of Milk	14 Local Beef Beef Nachos Italian Stromboli Refried Beans Fruit and Vegetable Bar Choice of Milk	15 BBQ Rib Sandwich Crispy Chicken Wrap Roasted Broccoli Fruit and Vegetable Bar Choice of Milk	16 Homemade Cheese Pizza Spicy Chicken Sandwich Carrots Fruit and Vegetable Bar Choice of Milk	17
20 Local Beef Cheese Bosco Sticks Marinara Sauce Pizza Bake Garlic Toast Steamed Green Beans Fruit and Vegetable Bar Choice of Milk	21 Local Beef Soft Beef Tacos Mini Pancakes Sausage Patty Mexican Corn Fruit and Vegetable Bar Choice of Milk	22 Cheesebread Dunkers Corn Dog Mixed Vegetables Fruit and Vegetable Bar Choice of Milk	23 Local Beef Grilling Day!!! Hamburger on a Bun Baked Beans SideKicks Fruit and Vegetable Bar Choice of Milk	24
27 Grilled Ham & Cheese Sandwich Fish Sticks Dinner Roll Carrots Fruit and Vegetable Bar Choice of Milk	28 Local Beef Beef Nachos Mini Corn Dogs Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk	29 Creamy Macaroni & Cheese Chili Dog Roasted Broccoli Fruit and Vegetable Bar Choice of Milk	30 Homemade Cheese Pizza Yogurt Pak with Pretzel Steamed Peas Fruit and Vegetable Bar Choice of Milk	1

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

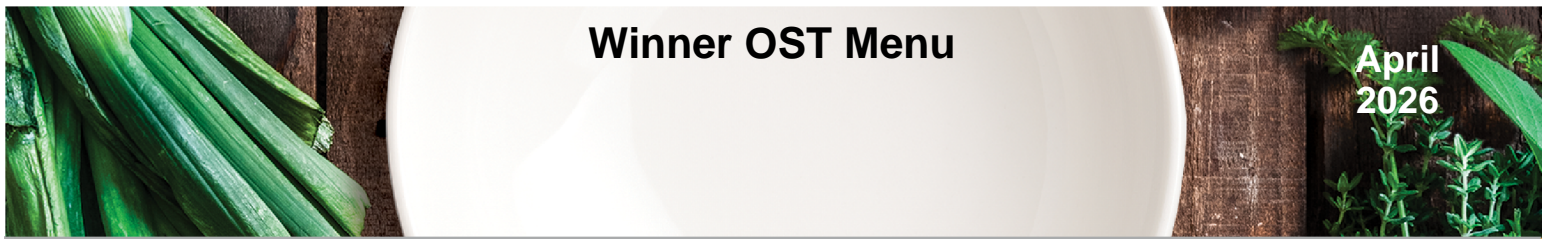
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Winner OST Menu

April
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 Peanut Butter Sliced Apple	2 Strawberry Cream Cheese Filled Bagel Milk	3
6 Banana Chocolate Chip Snack Bread,WG Milk	7 Cheetos Milk	8 Yogurt Sliced Apple	9 Pretzels Juice (6 fl oz)	10
13 Rice Krispie Treat Milk	14 Goldfish Crackers Milk	15 Chocolate Chip Brekkie ,WG Milk	16 Baby Carrots Ranch Dressing	17
20 Cereal Bar Milk	21 Muffin Milk	22 Clementine Orange Scooby Snacks	23 Fun with D&J Crackers Milk	24
27 Strawberry Pop-Tart, WG Milk	28 Goldfish Crackers Milk	29 Popcorn Milk	30 Lucky Charms Cereal Milk	1

PRICES

EXTRA INFO

HARVEST OF



OF THE MONTH

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Winner Breakfast Menu

April
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 Coffee Cake Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	2 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	3
6 No School	7 Bacon Breakfast Pizza Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	8 Snack Bread Cheese Stick Choice of Cereal Graham 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 Student/Staff Friday
13 Brekkie, WG 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 Muffin Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	16 Mini Cinni Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	17 Possible Make up day
20 Tortilla Wrapped Omelet Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	21 Breakfast Sandwich Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	22 French Toast Sticks 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 Student/Staff Friday
27 Cheese Omelet Whole Grain Toast Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	28 Chicken Breakfast Biscuit Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	29 Pancake on a Stick, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	30 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	1

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

HARVEST OF



OF THE MONTH

Menus and Nutrition

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Winner MS/HS Lunch April 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
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										
Baby Carrots	1/2 cup	25	6 g	0 g	0 g	0 g	0 mg	55 mg	2 g	n/a	9695	2	23 mg	1 mg										
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 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									
Beef Nachos	2oz meat, 1.5oz meat	370	32 g	9 g	23 g	8 g	27 mg	829 mg	3 g	2 g	154	2	156 mg	1 mg			X		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					
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					
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 Pot Pie	1 serving & 1 biscuit	393	44 g	28 g	12 g	8 g	53 mg	833 mg	4 g	n/a	3693	3	268 mg	64 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				
Cinnamon Roll	1 each	190	33 g	5 g	5 g	2 g	15 mg	210 mg	3 g	8 g	100	0	20 mg	1 mg	X	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 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	1 each	340	41 g	21 g	11 g	2 g	35 mg	650 mg	4 g	4 g	100	1	69 mg	3 mg	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							
Dinner Roll	1 each	80	14 g	4 g	1 g	0 g	0 mg	100 mg	2 g	2	0	0	10 mg	0.6 mg	X	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 mg	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	1 mg	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					
Goulash	6oz	221	15 g	17 g	10 g	4 g	49 mg	179 mg	2 g	n/a	5390	8	129 mg	2 mg	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 Ham & Cheese Sandwich	sandwich	350	31 g	15 g	21 g	8 g	43 mg	1188 mg	1 g	n/a	422	6	40 mg	2 mg	X		X			X				
Grilled Hamburger	1 each	270	30 g	18 g	10 g	4 g	25 mg	520 mg	3 g	3 g	0	0	69 mg	3 mg	X		X							
Hot Ham & 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 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					
Mexican Corn	1/2 cup	61	15 g	2 g	1 g	0 g	0 mg	5 mg	2 g	n/a	338	14	5 mg	0 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							
Mini Pancakes	1 pouch	220	37 g	4 g	6 g	1 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	1 mg	X	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							
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				
Pizza Bake	serving	315	28 g	18 g	15 g	5 g	52 mg	783 mg	4 g	n/a	820	13	166 mg	3 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	26	87 mg	3 mg	X		X		X					
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							
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							
Sausage Patty	each	230	1 g	7 g	22 g	8 g	45 mg	370 mg	0 g	0 g	20	0	23 mg	1 mg										
SideKicks	1 each	90	23 g	n/a	0 g	n/a	0 mg	20 mg	n/a	n/a	180	60	90 mg	1 mg										
Sloppy Joe on WG Bun	1 each	334	39 g	21 g	13 g	4 g	40 mg	481 mg	3 g	9 g	0	5	54 mg	2 mg	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	1 each	340	40 g	22 g	11 g	2 g	35 mg	650 mg	4 g	3 g	0	1	49 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										
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 BLT Salad	1 salad	495	7 g	28 g	37 g	10 g	80 mg	1391 mg	2 g	n/a	256	12	39 mg	6 mg	X	X	X		X					
Yogurt Pak with Pretzel	1 container	275	40 g	13 g	6 g	4 g	20 mg	975 mg	0 g	12 g	500	0	478 mg	2 mg	X				X					

Winner Elementary Lunch April 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
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										
Baby Carrots	1/2 cup	25	6 g	0 g	0 g	0 g	0 mg	55 mg	2 g	n/a	9695	2	23 mg	1 mg										
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 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									
Beef Nachos	2oz meat, 1.5oz meat	370	32 g	9 g	23 g	8 g	27 mg	829 mg	3 g	2 g	154	2	156 mg	1 mg			X		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					
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 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					
Cheesebread Dunkers	2 each	336	36 g	15 g	16 g	5 g	20 mg	738 mg	6 g	n/a	527	6	308 mg	2 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					
Cinnamon Roll	1 each	190	33 g	5 g	5 g	2 g	15 mg	210 mg	3 g	8 g	100	0	20 mg	1 mg	X	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 Sandwich	1 each	340	41 g	21 g	11 g	2 g	35 mg	650 mg	4 g	4 g	100	1	69 mg	3 mg	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					
Fish Sticks	1 serving (4 ea)	200	17 g	14 g	9 g	2 g	40 mg	310 mg	1 g	n/a	100	2	20 mg	1 mg	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					X					
Grilled Ham & Cheese Sandwich	sandwich	350	31 g	15 g	21 g	8 g	43 mg	1188 mg	1 g	n/a	422	6	40 mg	2 mg	X		X		X					
Ham&Cheese Sandwich	each	375	41 g	22 g	13 g	6 g	60 mg	1535 mg	1 g	n/a	253	6	0 mg	16 mg	X		X		X					
Hamburger on a Bun	1 each	270	30 g	18 g	10 g	4 g	25 mg	520 mg	3 g	3 g	0	0	69 mg	3 mg	X		X							
Hearty 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										
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					
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										
Mexican Corn	1/2 cup	61	15 g	2 g	1 g	0 g	0 mg	5 mg	2 g	n/a	338	14	5 mg	0 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							
Mini Pancakes	1 pouch	220	37 g	4 g	6 g	1 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	1 mg	X	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							
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					
Pizza Bake	serving	315	28 g	18 g	15 g	5 g	52 mg	783 mg	4 g	n/a	820	13	166 mg	3 mg	X		X		X					
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							
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							
Sausage Patty	each	230	1 g	7 g	22 g	8 g	45 mg	370 mg	0 g	0 g	20	0	23 mg	1 mg										
SideKicks	1 each	90	23 g	n/a	0 g	n/a	0 mg	20 mg	n/a	n/a	180	60	90 mg	1 mg										
Sloppy Joe on WG Bun	1 each	334	39 g	21 g	13 g	4 g	40 mg	481 mg	3 g	9 g	0	5	54 mg	2 mg	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	1 each	340	40 g	22 g	11 g	2 g	35 mg	650 mg	4 g	3 g	0	1	49 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 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	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										
Yogurt Pak with Pretzel	1 container	275	40 g	13 g	6 g	4 g	20 mg	975 mg	0 g	12 g	500	0	478 mg	2 mg	X				X					

Winner Breakfast April 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
Bacon Breakfast Pizza	each	250	27 g	12 g	11 g	4 g	71 mg	395 mg	2 g	6 g	250	0	120 mg	0 mg	X	X	X		X					
Breakfast Sandwich	sandwich	280	35 g	12 g	11 g	4 g	115 mg	670 mg	4 g	2 g	n/a	n/a	230 mg	2 mg	X	X	X		X					
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 Omelet	each	130	2 g	7 g	10 g	4 g	180 mg	300 mg	0 g	n/a	300	0	80 mg	1 mg		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					
Chicken Breakfast Biscuit	1 sandwich	396	53 g	11 g	15 g	10 g	33 mg	719 mg	3 g	n/a	77	0	163 mg	2 mg	X	X	X		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									
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	190	33 g	5 g	5 g	2 g	15 mg	210 mg	3 g	8 g	100	0	20 mg	1 mg	X	X	X		X					
Coffee Cake	1 slice	290	53 g	4 g	8 g	2 g	20 mg	249 mg	2 g	n/a	129	11	63 mg	1 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	2 mg	X	X	X		X					
Frosted Long John	1 each	302	38 g	6 g	15 g	7 g	0 mg	333 mg	2 g	13 g	0	0	20 mg	1 mg	X	X	X		X					
Fruit or Juice Selection	1/2 cup	65	17 g	0 g	0 g	0 g	0 mg	4 mg	2 g	n/a	27	4	8 mg	0 mg										
Fruit or Juice Selection	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg										
Fruit or Juice Selection	1/2 cup	65	17 g	0 g	0 g	0 g	0 mg	4 mg	2 g	n/a	27	4	8 mg	0 mg										
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							
Mini Cinni	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					
Mini Pancakes	1 pouch	220	37 g	4 g	6 g	1 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	1 mg	X	X	X		X					
Muffin	each	180	28 g	3 g	7 g	2 g	15 mg	160 mg	2 g	13 g	n/a	n/a	30 mg	1 mg	X	X	X		X					
Pancake on a Stick,WG	each	200	17 g	7 g	10 g	3 g	25 mg	310 mg	3 g	4 g	0	0	20 mg	2 mg	X	X	X							
Snack Bread	each	250	31 g	4 g	13 g	3 g	50 mg	270 mg	2 g	17 g	25	0	40 mg	1 mg	X	X	X		X					
Tortilla Wrapped Omelet	each	130	2 g	7 g	10 g	4 g	180 mg	300 mg	0 g	n/a	300	0	80 mg	1 mg		X			X					
Whole Grain Toast	1 slice	80	16 g	4 g	1 g	0 g	0 mg	95 mg	2 g	n/a	0	0	40 mg	1 mg	X		X							X

Winner OST April 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 g	0 g	0 mg	27 mg	1 g	n/a	4848	1	11 mg	0 mg											
Banana Chocolate Chip Snack Bread,WG	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						
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								
Cheetos	package	140	19 g	2 g	6 g	1 g	0 mg	170 mg	2 g	2 g	0	0	10 mg	1 mg	X										
Chocolate Chip Brekkie ,WG	each	330	54 g	5 g	12 g	5 g	15 mg	340 mg	3 g	28 g	138	0	30 mg	2 mg	X	X	X		X						
Clementine Orange	1 each	35	9 g	1 g	0 g	0 g	0 mg	1 mg	1 g	n/a	50	36	20 mg	0 mg											
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						
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											
Lucky Charms Cereal	1 bowl	110	23 g	2 g	1 g	0 g	0 mg	180 mg	2 g	9 g	500	6	100 mg	5 mg	X							X			
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						
Milk	carton	133	21 g	7 g	3 g	2 g	10 mg	197 mg	0 g	19 g	153	n/a	293 mg	0 mg					X						
Muffin	each	180	28 g	3 g	7 g	2 g	15 mg	160 mg	2 g	13 g	n/a	n/a	30 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											
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										
Ranch Dressing	2 tbsp or 1 packet	130	1 g	0 g	14 g	2 g	10 mg	180 mg	0 g	1 g	0	0	0 mg	0 mg		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	2 mg			X		X						
Scooby Snacks	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											
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						
Strawberry Pop-Tart, WG	1 pouch	82	17 g	1 g	1 g	0 g	0 mg	55 mg	1 g	7 g	240	0	62 mg	1 mg	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						