

Winner Middle & High School Lunch Menu

September
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 	1 Local Beef Beef Taco French Toast Sticks Pizza Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	2 Italian Toasted Cheese Sand with Marinara Spicy Chicken Sandwich Pizza Carrots Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	3 Build Your Own Sub Oven Fried Chicken Leg Garlic Breadstick Pizza Mashed Potatoes&Gravy Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	4
7 Labor Day 	8 Local Beef Beef Nachos Turkey&Cheese Sandwich Pizza Refried Beans Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	9 Orange Chicken Brown Rice, WG Mini Corn Dogs Pizza Steamed Carrots Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	10 Chicken Pot Pie Flaky Biscuit Cheeseburger on WG Bun Tony's Pizza Corn Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	11
14 HOM - Dill Chicken Alfredo w/Pasta Garlic Breadstick Beef Hot Dog Pizza Steamed Peas Fruit and Vegetable Bar Choice of Milk Chicken Caesar Salad	15 Local Beef Taco Burger Pulled Pork Sandwich Pizza Baked Beans Fruit and Vegetable Bar Choice of Milk Chicken Caesar Salad	16 Chicken Fried Rice Crispy Chicken Sandwich Pizza Corn Fruit and Vegetable Bar Choice of Milk Chicken Caesar Salad	17 Baked Potato Bar BBQ Rib Sandwich Pizza Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Chicken Caesar Salad	18
21 Local Beef Pizza Bake Garlic Toast Crispy Chicken Tenders Garlic Breadstick Pizza Seasoned Ranch Wedges Fruit and Vegetable Bar Choice of Milk Beef Taco Salad	22 Local Beef Beef Nachos Chicken Bacon Ranch Melt Flatbread Pizza Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk Reef Taco Salad	23 Local Beef House Made Italian Stromboli Hamburger Gravy Brown Rice, WG Pizza Green Beans Fruit and Vegetable Bar Choice of Milk Beef Taco Salad	24 Popcorn Chicken Bowl Garlic Breadstick Crispy Chicken Wrap Tony's Pizza Corn Fruit and Vegetable Bar Choice of Milk Beef Taco Salad	25 Homecoming Noon Dismissal Sack Lunch Corn Dog Baby Carrots Apple Choice of Milk
28 Meatless Monday! Cheesy Bosco Stick Marinara Sauce Grilled Cheese Sandwich Homemade Cheese Pizza Carrots Fruit and Vegetable Bar Choice of Milk Garden Vegetable Salad	29 Local Beef Beef Tacos Turkey BLT Wrap Pizza Refried Beans Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	30 What's New Wednesday?!? Salsa Chicken Bowl Egg & Cheese on a Biscuit Pizza Corn Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	1 	

PRICES

Student Lunch	\$3.20
Extra Entree	\$2.50
Extra Milk	\$0.50
Reduced Lunch	\$0.00
Adult Lunch	\$5.35

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

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Winner Elementary Lunch Menu

September
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 	1 Local Beef Beef Taco French Toast Sticks Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk	2 Italian Toasted Cheese Sand with Marinara Spicy Chicken Sandwich Carrots Fruit and Vegetable Bar Choice of Milk	3 Homemade Cheese Pizza Oven Fried Chicken Leg Garlic Breadstick Mashed Potatoes&Gravy Fruit and Vegetable Bar Choice of Milk	4
7 Labor Day 	8 Local Beef Beef Nachos Turkey&Cheese Sandwich Refried Beans Fruit and Vegetable Bar Choice of Milk	9 Orange Chicken Brown Rice, WG Mini Corn Dogs Steamed Carrots Fruit and Vegetable Bar Choice of Milk	10 Cheeseburger on WG Bun Turkey & Cheese Flatbread Munchable Corn Fruit and Vegetable Bar Choice of Milk	11
14 HOM - Dill Chicken Alfredo w/Pasta Garlic Breadstick Beef Hot Dog Steamed Peas Fruit and Vegetable Bar Choice of Milk	15 Local Beef Taco Burger Pulled Pork Sandwich Baked Beans Fruit and Vegetable Bar Choice of Milk	16 Chicken Fried Rice Crispy Chicken Sandwich Corn Fruit and Vegetable Bar Choice of Milk	17 Homemade Cheese Pizza BBQ Rib Sandwich Green Beans Fruit and Vegetable Bar Choice of Milk	18
21 Local Beef Pizza Bake Garlic Toast Crispy Chicken Tenders Garlic Breadstick Seasoned Ranch Wedges Fruit and Vegetable Bar Choice of Milk	22 Local Beef Beef Nachos Chicken Bacon Ranch Melt Flatbread Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk	23 Local Beef House Made Italian Stromboli Hamburger Gravy Brown Rice, WG Roasted Broccoli Fruit and Vegetable Bar Choice of Milk	24 Cheeseburger on WG Bun Crispy Chicken Wrap Corn Fruit and Vegetable Bar Choice of Milk	25 Homecoming Noon Dismissal Corn Dog Baby Carrots Apple Choice of Milk
28 Meatless Monday! Cheesy Bosco Stick Marinara Sauce Grilled Cheese Sandwich Steamed Green Beans Fruit and Vegetable Bar Choice of Milk	29 Local Beef Beef Tacos Turkey BLT Wrap Refried Beans Fruit and Vegetable Bar Choice of Milk	30 What's New Wednesday?!? Salsa Chicken Bowl Egg & Cheese on a Biscuit Corn Fruit and Vegetable Bar Choice of Milk	1 	

PRICES	EXTRA INFO
Student Lunch	\$3.10
Reduced	\$0.00
Extra Entree	\$2.50
Extra Milk	\$0.50
Adult Lunch	\$5.35

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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Winner Breakfast Menu

September
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Strawberry Cream Cheese Filled Bagel Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	2 Cheese Omelet Cinnamon Breadstick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	3 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	4
7 Labor Day	8 Muffin Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	9 Pancake on a Stick, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	10 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	11 Student/Staff Friday
14 Chocolate Chip Brekkie ,WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	15 Breakfast Sandwich Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	16 Mini Donut Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	17 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	18
21 Mini Confetti Pancakes, WG Choice of Cereal Graham Crackers Fruit or Selection Choice of Milk	22 Chocolate Chip Brekkie ,WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	23 Frudel Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	24 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	25 Homecoming Uncrustable Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk
28 Bacon Breakfast Pizza Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	29 Snack Bread Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	30 Breakfast Banana Split Yogurt Parfait Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	1	

PRICES

Student	\$2.20
Extra Entree	\$2.00
Reduced	\$0.00
Extra Milk	\$0.50
Adult	\$3.15

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



THE MONTH

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Winner OST Menu

September
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Goldfish Crackers Milk	2 Peanut Butter Apple Slices	3 Scooby Snacks Milk	4
7 Labor Day	8 Muffin Milk	9 Cereal Bar Milk	10 Fun with D&J Crackers Milk	11
14 Yogurt Graham Crackers	15 Goldfish Crackers Milk	16 Brekkie Milk	17 Chocolate Chip French Toast, WG Milk	18
21 Snack Bread Milk	22 Cheese Stick Graham Crackers	23 Mini Donut Milk	24 Cereal Milk	25 Homecoming
28 Baby Carrots Ranch Dressing	29 Goldfish Crackers Milk	30 Pop-Tart Milk	1	

PRICES

EXTRA INFO

HARVEST OF



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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	1/4 cup	12	3 g	0 g	0 g	0 g	0 mg	27 mg	1 g	n/a	4848	1	11 mg	0 mg										
Baked Beans	1/2 cup	150	30 g	7 g	0 g	0 g	0 mg	370 mg	5 g	12 g	0	0	50 mg	2 mg										
Baked Potato Bar	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	n/a										
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	2 each	347	25 g	23 g	20 g	9 g	57 mg	597 mg	4 g	2 g	*57.631*	2	82 mg	0 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	347	25 g	23 g	20 g	9 g	57 mg	597 mg	4 g	2 g	*57.631*	2	82 mg	0 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										
Cheeseburger on WG Bun	1 each	320	31 g	21 g	15 g	6 g	38 mg	745 mg	3 g	4 g	0	0	119 mg	3 mg	X		X		X					
Cheesy Bosco Stick	2 each	320	32 g	20 g	14 g	8 g	40 mg	540 mg	2 g	2 g	0	0	442 mg	2 mg	X				X					
Chicken Alfredo w/Pasta	1/2 c pasta, 1/2 c meat sauce	221	26 g	23 g	4 g	2 g	55 mg	174 mg	3 g	n/a	0	0	14 mg	3 mg	X		X		X					
Chicken Bacon Ranch Melt 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 Caesar Salad	each	341	9	18	23	5	58	725	2	1	287	6	195	1.3	X	X	X		X	X				
Chicken Fried Rice	2 cups	326	48 g	17 g	5 g	2 g	155 mg	426 mg	1 g	1 g	369	0	22 mg	2 mg	X	X	X							
Chicken Pot Pie	1 serving	193	17 g	24 g	3 g	1 g	53 mg	393 mg	2 g	n/a	3693	3	118 mg	63 mg			X		X					
Choice of 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					
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	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					
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					
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					
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					
Garden Vegetable Salad	salad	221	13 g	8 g	13 g	4 g	201 mg	538 mg	3 g	n/a	709	21	97 mg	2 mg		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	1 mg	X		X		X					
Garlic Toast	2 each	140	24 g	4 g	5 g	1 g	0 mg	190 mg	2 g	0 g	0	0	10 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	349	30 g	14 g	22 g	10 g	38 mg	985 mg	2 g	2 g	n/a	0	193 mg	1 mg	X		X							
Hamburger Gravy	1/2 cup	368	11 g	36 g	19 g	7 g	111 mg	1640 mg	0 g	n/a	1	0	45 mg	4 mg			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					
House Made 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					
Italian Toasted Cheese Sand with Marinara	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					
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										
Mashed Potatoes&Gravy	1/2 cup	67	14 g	2 g	1 g	0 g	0 mg	263 mg	1 g	n/a	0	25	19 mg	0 mg					X					
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							
Orange Chicken	12 popcorn chicken	352	38 g	16 g	15 g	3 g	23 mg	540 mg	3 g	19 g	1	1	40 mg	2 mg	X		X							
Oven Fried Chicken Leg	each	220	6 g	19 g	13 g	3 g	60 mg	530 mg	1 g	0 g	100	0	14 mg	1 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					
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	412	46 g	20 g	17 g	4 g	30 mg	979 mg	5 g	3 g	*26.892*	3	58 mg	2 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	27	3 g	3 g	0 g	0 g	0 mg	59 mg	2 g	2 g	480	71	35 mg	1 mg			X							
Salsa Chicken Bowl	50 each	498	63 g	27 g	16 g	5 g	55 mg	458 mg	9 g	n/a	10065	18	351 mg	13 mg					X					
Seasoned Ranch Wedges	1/2 cup	153	27 g	3 g	4 g	1 g	0 mg	96 mg	3 g	n/a	22	12	3 mg	1 mg			X		X					
Spiced Pinto Beans	1/2 cup	134	26 g	7 g	1 g	0 g	0 mg	380 mg	5 g	2 g	7	1	55 mg	2 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										

Taco Burger	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								
Tony's Pizza	each	313	32 g	20 g	12 g	6 g	30 mg	712 mg	1 g	n/a	675	1	421 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				
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19 g	6 g	54 mg	765 mg	4 g	n/a	130	5	63 mg	2 mg	X	X	X		X				
Turkey&Cheese Sandwich	each	248	22 g	19 g	9 g	4 g	44 mg	489 mg	1 g	n/a	195	1	144 mg	2 mg	X		X		X				

Winner Elementary Lunch September 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	1/4 cup	12	3 g	0 g	0 g	0 g	0 mg	27 mg	1 g	n/a	4848	1	11 mg	0 mg										
Baked Beans	1/2 cup	150	30 g	7 g	0 g	0 g	0 mg	370 mg	5 g	12 g	0	0	50 mg	2 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	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	2 each	347	25 g	23 g	20 g	9 g	57 mg	597 mg	4 g	2 g	*57.631*	2	82 mg	0 mg	X				X					
Beef Tacos	2 each	347	25 g	23 g	20 g	9 g	57 mg	597 mg	4 g	2 g	*57.631*	2	82 mg	0 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										
Cheeseburger on WG Bun	1 each	320	31 g	21 g	15 g	6 g	38 mg	745 mg	3 g	4 g	0	0	119 mg	3 mg	X		X		X					
Cheesy Bosco Stick	2 each	320	32 g	20 g	14 g	8 g	40 mg	540 mg	2 g	2 g	0	0	442 mg	2 mg	X				X					
Chicken Alfredo w/Pasta	1/2 c pasta, 1/2 c meat sauce	221	26 g	23 g	4 g	2 g	55 mg	174 mg	3 g	n/a	0	0	14 mg	3 mg	X		X		X					
Chicken Bacon Ranch Melt 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 Rice	2 cups	326	48 g	17 g	5 g	2 g	155 mg	426 mg	1 g	1 g	369	0	22 mg	2 mg	X	X	X							
Choice of 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					
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 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					
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 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	2 each	140	24 g	4 g	5 g	1 g	0 mg	190 mg	2 g	0 g	0	0	10 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	349	30 g	14 g	22 g	10 g	38 mg	985 mg	2 g	2 g	n/a	0	193 mg	1 mg	X		X							
Hamburger Gravy	1/2 cup	368	11 g	36 g	19 g	7 g	111 mg	1640 mg	0 g	n/a	1	0	45 mg	4 mg			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					
House Made 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					
Italian Toasted Cheese Sand with Marinara	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					
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										
Mashed Potatoes&Gravy	1/2 cup	67	14 g	2 g	1 g	0 g	0 mg	263 mg	1 g	n/a	0	25	19 mg	0 mg					X					
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							
Orange Chicken	12 popcorn chicken	352	38 g	16 g	15 g	3 g	23 mg	540 mg	3 g	19 g	1	1	40 mg	2 mg	X		X							
Oven Fried Chicken Leg	each	220	6 g	19 g	13 g	3 g	60 mg	530 mg	1 g	0 g	100	0	14 mg	1 mg	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	27	3 g	3 g	0 g	0 g	0 mg	59 mg	2 g	2 g	480	71	35 mg	1 mg			X							
Salsa Chicken Bowl	50 each	498	63 g	27 g	16 g	5 g	55 mg	458 mg	9 g	n/a	10065	18	351 mg	13 mg					X					
Seasoned Ranch Wedges	1/2 cup	153	27 g	3 g	4 g	1 g	0 mg	96 mg	3 g	n/a	22	12	3 mg	1 mg			X		X					
Spiced Pinto Beans	1/2 cup	134	26 g	7 g	1 g	0 g	0 mg	380 mg	5 g	2 g	7	1	55 mg	2 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										
Taco Burger	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									
Turkey & Cheese Flatbread Munchable	1 container	350	36 g	18 g	16 g	7 g	45 mg	945 mg	3 g	n/a	660	7	100 mg	1 mg	X		X		X					
Turkey BLT Wrap	1 wrap	376	28 g	24 g	19 g	6 g	54 mg	765 mg	4 g	n/a	130	5	63 mg	2 mg	X	X	X		X					
Turkey&Cheese Sandwich	each	248	22 g	19 g	9 g	4 g	44 mg	489 mg	1 g	n/a	195	1	144 mg	2 mg	X		X		X					

Winner Breakfast September 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 Banana Split Yogurt Parfait	1 each	335	45 g	6 g	4 g	1 g	5 mg	104 mg	2 g	26 g	120	21	136 mg	1 mg					X					
Breakfast Sandwich	each	435	31 g	16 g	28 g	13 g	309 mg	1171 mg	2 g	n/a	20138	3	3150 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					
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					
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					
Choice of 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					
Cinnamon 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					
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					
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					
Frudel	1 each	200	38 g	5 g	5 g	0 g	0 mg	270 mg	2 g	10 g	0	0	0 mg	2 mg	X				X					
Fruit or 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 Confetti Pancakes, WG	1 pouch	210	35 g	4 g	7 g	1 g	0 mg	210 mg	4 g	10 g	1000	0	50 mg	4 mg	X	X	X		X					
Mini Donut	6 each	300	34 g	4 g	16 g	5 g	30 mg	360 mg	2 g	12 g	0	0	24 mg	1 mg	X	X	X		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					
Pancake on a Stick,WG	1 each	190	18 g	9 g	9 g	2 g	30 mg	340 mg	2 g	5 g	0	0	20 mg	1 mg	X	X	X							
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					
Uncrustable	1 serving	300	32 g	9 g	16 g	4 g	0 mg	270 mg	1 g	14 g	0	0	43 mg	1 mg	X			X						

Winner OST September 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 Slices	3/4 cup	43	11 g	0 g	0 g	0 g	0 mg	1 mg	2 g	8 g	2	4	5 mg	0 mg										
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										
Brekkie	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					
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									
Cereal Bar	1 each	150	30 g	2 g	2 g	0 g	0 mg	135 mg	2 g	9 g	0	0	220 mg	2 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					
Chocolate Chip French Toast, WG	1 pouch	190	37 g	4 g	5 g	2 g	0 mg	210 mg	6 g	11 g	1000	0	260 mg	4 mg	X	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							
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					
Mini Donut	6 each	300	34 g	4 g	16 g	5 g	30 mg	360 mg	2 g	12 g	0	0	24 mg	1 mg	X	X	X		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	37 g	2 g	3 g	1 g	0 mg	120 mg	3 g	15 g	500	0	130 mg	2 mg	X		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					
Scooby Snacks	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							
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					