

Winner Middle & High School Lunch Menu

October
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Build Your Own Sub Beef Hot Dog Homemade Pizza Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	2
5 Local Beef Tater Tot Casserole Dinner Roll Hot Ham&Cheese Sandwich Homemade Pizza Green Beans Fruit and Vegetable Bar Choice of Milk Chef Salad	6 Local Beef Beef Nachos Mini Corn Dogs Homemade Pizza Baked Beans Fruit and Vegetable Bar Choice of Milk Chef Salad	7 Crispy Chicken Sandwich Yogurt Pak with Pretzel Homemade Pizza Carrots Fruit and Vegetable Bar Choice of Milk Chef Salad	8 Baked Potato Bar Cheeseburger on WG Bun Homemade Pizza Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Chef Salad	9
12 Local Beef Pasta with Meat Sauce Garlic Toast Crispy Chicken Tenders Dinner Roll Homemade Pizza Steamed Peas Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	13 Local Beef Totchos BBQ Rib Sandwich Homemade Pizza Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	14 Local Beef Goulash Bread Stick Spicy Chicken Sandwich Homemade Pizza Steamed Carrots Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	15 Local Beef Popcorn Chicken Bowl Dinner Roll Sloppy Joe Sandwich Homemade Pizza Corn Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	16
19 Cheesy Bosco Stick Marinara Sauce Italian Meatball Sub Homemade Pizza Steamed Peas Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	20 Local Beef Beef Nachos Mini Confetti Pancakes, WG Sausage Patty Homemade Pizza Refried Beans Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	21 Local Beef Grilling Day! Grilled Hamburger Corn Fruit and Vegetable Bar Choice of Milk Sidekick	22 Macaroni & Cheese BBQ Pulled Pork Sandwich Homemade Pizza Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Buffalo Chicken Salad	23 HOM - Broccoli
26 Italian Dunkers French Toast Sticks Homemade Cheese Pizza Steamed Carrots Fruit and Vegetable Bar Choice of Milk Garden Vegetable Salad	27 Local Beef Lasagna Garlic Toast Beef Tacos, Soft Homemade Pizza Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Chicken Caesar Salad	28 What's New Wednesday!?! Asian Crispy Chicken & Rice Turkey Deli Sub Sandwich Homemade Pizza Steamed Peas Fruit and Vegetable Bar Choice of Milk Chicken Caesar Salad	29 Ham and Cheese Calzone Corn Dog Homemade Pizza Baked Beans Fruit and Vegetable Bar Choice of Milk Chicken Caesar Salad	30

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

October
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Homemade Cheese Pizza Roasted Beef Hot Dog on a Bun Roasted Broccoli Fruit and Vegetable Bar Choice of Milk	2
5 Local Beef Hot Ham&Cheese Sandwich Tater Tot Casserole Dinner Roll Green Beans Fruit and Vegetable Bar Choice of Milk	6 Local Beef Beef Nachos Mini Corn Dogs Baked Beans Fruit and Vegetable Bar Choice of Milk	7 Crispy Chicken Sandwich Yogurt Pak with Pretzel Carrots Fruit and Vegetable Bar Choice of Milk	8 Cheeseburger on WG Bun Chicken Taquito Corn Fruit and Vegetable Bar Choice of Milk	9
12 Local Beef Pasta with Meat Sauce Garlic Breadstick Crispy Chicken Tenders Garlic Breadstick Steamed Peas Fruit and Vegetable Bar Choice of Milk	13 Local Beef Totchos BBQ Rib Sandwich Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk	14 Local Beef Goulash Bread Stick Spicy Chicken Sandwich Steamed Carrots Fruit and Vegetable Bar Choice of Milk	15 Local Beef Homemade Cheese Pizza Sloppy Joe Sandwich Green Beans Fruit and Vegetable Bar Choice of Milk	16
19 Cheesy Bosco Stick Marinara Sauce Italian Meatball Sub Steamed Peas Fruit and Vegetable Bar Choice of Milk	20 Local Beef Beef Nachos Mini Confetti Pancakes, WG Sausage Patty Refried Beans Fruit and Vegetable Bar Choice of Milk	21 Macaroni & Cheese BBQ Pulled Pork Sandwich Roasted Broccoli Fruit and Vegetable Bar Choice of Milk	22 Local Beef Grilling Day!! Grilled Hamburger Corn Fruit and Vegetable Bar Choice of Milk Sidekick	23 HOM - Broccoli
26 Italian Dunkers French Toast Sticks Steamed Carrots Fruit and Vegetable Bar Choice of Milk	27 Local Beef Beef Tacos, Soft Lasagna Garlic Toast Roasted Broccoli Fruit and Vegetable Bar Choice of Milk	28 Asian Crispy Chicken & Rice Turkey Deli Sub Sandwich Steamed Peas Fruit and Vegetable Bar Choice of Milk	29 Tony's Cheese Pizza Corn Dog Baked Beans Fruit and Vegetable Bar Choice of Milk	30

PRICES

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

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

HARVEST OF



THE MONTH

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Winner Breakfast Menu

October
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	2
5 Brekkie, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	6 Chicken Breakfast Biscuit Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of CMilk	7 Strawberry Cream Cheese Filled Bagel 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 Student/Staff Friday
12 Mini Trix French Toast, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	13 Frudel Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	14 Tortilla wrapped Omelet 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
19 Muffin Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	20 Pancake on a Stick, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	21 French Toast Sticks 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 Student/Staff Friday
26 Bacon Breakfast Pizza Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	27 Mini Donut Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	28 Very Berry Yogurt Pizza 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
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Winner OST Menu

October
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Brekkie, WG Milk	2
5 Pretzels Juice (6oz)	6 Yogurt Graham Crackers	7 Goldfish Crackers Milk	8 Apple Slices Peanut butter	9
12 Fun with D&J Crackers Milk	13 Snack Bread Milk	14 Scooby Snacks Milk	15 Cereal Bar Milk	16
19 Pretzels Milk	20 Pop-Tart Milk	21 Goldfish Crackers Milk	22 Cheetos Milk	23
26 Fun with D&J Crackers Milk	27 Muffin Milk	28 Graham Crackers Milk	29 Mini Confetti Pancakes, WG Milk	30

PRICES

EXTRA INFO

HARVEST OF



THE MONTH

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Winner MS/HS Lunch October 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
Asian Crispy Chicken & Rice	1 serving	401	48 g	18 g	15 g	3 g	21 mg	580 mg	6 g	n/a	3265	39	55 mg	27 mg	X		X							
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 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 Tacos, Soft	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					
Bread Stick	each	90	14 g	2 g	3 g	0 g	0 mg	170 mg	1 g	n/a	0	0	20 mg	1 mg	X	X	X		X					
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					
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 Caesar Salad	each	341	9	18	23	5	58	725	2	1	287	6	195	1.3	X	X	X		X	X				
Choice of Milk	carton	133	20 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							
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					
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 Toast	1 each	70	12 g	2 g	3 g	1 g	0 mg	95 mg	1 g	0 g	0	0	5 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 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							
Ham and Cheese Calzone	48 each	316	31 g	23 g	16 g	7 g	57 mg	731 mg	3 g	n/a	458	0	304 mg	2 mg	X	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					
Homemade 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					
Homemade 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					
Hot Ham&Cheese Sandwich	1 each	358	32 g	16 g	20 g	8 g	43 mg	916 mg	2 g	3 g	0	0	197 mg	2 mg	X		X		X					
Italian Dunkers	1 each	366	30 g	21 g	17 g	8 g	45 mg	558 mg	3 g	n/a	308	1	311 mg	2 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
Lasagna	4x6	241	17 g	16 g	11 g	5 g	41 mg	279 mg	2 g	5 g	508	0	136 mg	2 mg	X				X					
Macaroni & Cheese	1 cup	494	46 g	22 g	27 g	13 g	54 mg	625 mg	6 g	5 g	60	0	358 mg	4 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										
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 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							
Pasta with Meat Sauce	3/4 cup	318	32 g	22 g	11 g	4 g	58 mg	242 mg	3 g	4 g	559	16	54 mg	4 mg	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					
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							
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										
Sidekick	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 Sandwich	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									
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										
Tater Tot Casserole	1 serving	392	34 g	15 g	21 g	6 g	43 mg	880 mg	4 g	n/a	43	3	44 mg	2 mg	X		X		X					
Totchos	1 each	347	19 g	16 g	23 g	9 g	55 mg	790 mg	2 g	n/a	877	4	136 mg	2 mg			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					
Turkey Deli Sub Sandwich	each	381	49 g	18 g	12 g	4 g	33 mg	1028 mg	4 g	n/a	1396	4	245 mg	4 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 October 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
Asian Crispy Chicken & Rice	1 serving	401	48 g	18 g	15 g	3 g	21 mg	580 mg	6 g	n/a	3265	39	55 mg	27 mg	X		X							
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 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 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 Tacos, Soft	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					
Bread Stick	each	90	14 g	2 g	3 g	0 g	0 mg	170 mg	1 g	n/a	0	0	20 mg	1 mg	X	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 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					
Choice of Milk	carton	133	20 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							
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					
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	1 each	70	12 g	2 g	3 g	1 g	0 mg	95 mg	1 g	0 g	0	0	5 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 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							
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					
Hot Ham&Cheese Sandwich	1 each	358	32 g	16 g	20 g	8 g	43 mg	916 mg	2 g	3 g	0	0	197 mg	2 mg	X		X		X					
Italian Dunkers	1 each	366	30 g	21 g	17 g	8 g	45 mg	558 mg	3 g	n/a	308	1	311 mg	2 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
Lasagna	4x6	241	17 g	16 g	11 g	5 g	41 mg	279 mg	2 g	5 g	508	0	136 mg	2 mg	X				X					
Macaroni & Cheese	1 cup	494	46 g	22 g	27 g	13 g	54 mg	625 mg	6 g	5 g	60	0	358 mg	4 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										
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 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							
Pasta with Meat Sauce	3 oz sce/.5 cup	324	39 g	23 g	13 g	5 g	41 mg	70 mg	7 g	6 g	1	1	33 mg	4 mg	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	27	3 g	3 g	0 g	0 g	0 mg	59 mg	2 g	2 g	480	71	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										
Sidekick	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 Sandwich	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									
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										
Tater Tot Casserole	1 serving	392	34 g	15 g	21 g	6 g	43 mg	880 mg	4 g	n/a	43	3	44 mg	2 mg	X		X		X					
Tony's Cheese 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					
Totchos	1 each	347	19 g	16 g	23 g	9 g	55 mg	790 mg	2 g	n/a	877	4	136 mg	2 mg			X		X					
Turkey Deli Sub Sandwich	each	381	49 g	18 g	12 g	4 g	33 mg	1028 mg	4 g	n/a	1396	4	245 mg	4 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 Breakfast October 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					
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					
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 CMilk	carton	133	20 g	7 g	3 g	2 g	10 mg	197 mg	0 g	19 g	153	n/a	293 mg	0 mg					X					
Choice of Milk	carton	133	20 g	7 g	3 g	2 g	10 mg	197 mg	0 g	19 g	153	n/a	293 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					
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					
Frudel	1 each	180	34 g	4 g	4 g	0 g	0 mg	240 mg	2 g	7 g	0	0	0 mg	2 mg	X				X					
Fruit or Juice Selection	1 each	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	12 g	0	70	20 mg	0 mg										
Fruit or Juice Selection	1 each	60	15 g	0 g	0 g	0 g	0 mg	10 mg	0 g	12 g	0	70	100 mg	0 mg										
Fruit or Juice Selection	1 each	60	16 g	0 g	0 g	0 g	0 mg	10 mg	0 g	14 g	0	70	100 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	4 fl oz	60	14 g	0 g	0 g	0 g	0 mg	15 mg	0 g	14 g	0	20	0 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 Donut	3 each	150	17 g	2 g	8 g	3 g	15 mg	180 mg	1 g	6 g	0	0	12 mg	1 mg	X	X	X		X					
Mini Trix French Toast, WG	1 pouch	220	36 g	4 g	7 g	1 g	0 mg	190 mg	2 g	11 g	0	0	70 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	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							
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					
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					
Very Berry Yogurt Pizza	1 each	296	54 g	9 g	5 g	1 g	2 mg	343 mg	5 g	n/a	117	20	327 mg	1 mg	X		X		X					

Winner OST October 26

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Apple Slices	1/4 cup	14	4 g	0 g	0 g	0 g	0 mg	0 mg	1 g	3 g	1	1	2 mg	0 mg										
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					
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							
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									
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	1 package	120	19 g	1 g	4 g	1 g	0 mg	135 mg	1 g	n/a	200	1	100 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 (6oz)	pouch	80	20 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					
Milk	carton	133	20 g	7 g	3 g	2 g	10 mg	197 mg	0 g	19 g	153	n/a	293 mg	0 mg					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					
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	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						
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							
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 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					