

Winner Middle & High School Lunch Menu

November
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Local Beef Hearty Beef Chili Cinnamon Roll Roasted Beef Hot Dog Pizza Corn Fruit and Vegetable Bar Choice of Milk Beef Taco Salad	3 Local Beef Beef Nachos Chicken Bacon Ranch Melt Flatbread Pizza Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk	4 House Made Italian Stromboli Crispy Chicken Sandwich Pizza Green Beans Fruit and Vegetable Bar Choice of Milk Beef Taco Salad	5 Macaroni & Cheese Cheeseburger on WG Bun Pizza Steamed Peas Fruit and Vegetable Bar Choice of Milk Beef Taco Salad	6
9 Local Beef Pizza Bake Garlic Breadstick Crispy Chicken Tenders Garlic Breadstick Pizza Roasted Broccoli Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	10 Local Beef Beef Taco BBQ Rib Sandwich Pizza Baked Beans Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	11 Local Beef Cheeseburger Fries Garlic Breadstick Crispy Chicken Wrap Pizza Carrots Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	12 Build Your Own Sub Mini Corn Dogs Tony's Pizza Corn Fruit and Vegetable Bar Choice of Milk Crispy Chicken Salad	13 HOM - Winter Squash & Sage
16 Chicken Alfredo w/Pasta Garlic Breadstick Cheese & Pepperoni Flatbread Pizza Steamed Peas Fruit and Vegetable Bar Choice of Milk Chef Salad	17 Local Beef Beef Nachos Breakfast Sandwich Pizza Refried Beans Fruit and Vegetable Bar Choice of Milk Chef Salad	18 Holiday Meal Roast Turkey & Gravy Mashed Potatoes Dinner Roll Turkey&Cheese Sandwich Pumpkin Spice Roasted Vegetables Fruit and Vegetable Bar Choice of Milk M&M Cookie, WG	19 Local Beef Chicken Bowl Breadstick Hamburger Gravy Brown Rice, WG Pizza Corn Fruit and Vegetable Bar Choice of Milk Chef Salad	20
23 Cheesy Bosco Stick Marinara Sauce BBQ Pulled Pork Sandwich Pizza Carrots Fruit and Vegetable Bar Choice of Milk Turkey BLT Salad	24 Noon Dismissal Corn Dog Baby Carrots Apple Choice of Milk	25 No School	26 Happy Thanksgiving!	27
30 LTO Lebanese Chicken Wings Lemon Garlic Chicken Wings French Fries Dinner Roll Grilled Cheese Sandwich Homemade Pizza Steamed Peas Fruit and Vegetable Bar Choice of Milk Buffalo 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

November
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Local Beef Hearty Beef Chili Cinnamon Roll Roasted Beef Hot Dog Corn Fruit and Vegetable Bar Choice of Milk	3 Local Beef Beef Nachos Chicken Bacon Ranch Melt Flatbread Spiced Pinto Beans Fruit and Vegetable Bar Choice of Milk	4 House Made Italian Stromboli Crispy Chicken Sandwich Green Beans Fruit and Vegetable Bar Choice of Milk	5 Macaroni & Cheese Cheeseburger on WG Bun Steamed Peas Fruit and Vegetable Bar Choice of Milk	6
9 Local Beef Pizza Bake Garlic Breadstick Crispy Chicken Tenders Garlic Breadstick Roasted Broccoli Fruit and Vegetable Bar Choice of Milk	10 Local Beef Beef Taco BBQ Rib Sandwich Baked Beans Fruit and Vegetable Bar Choice of Milk	11 Local Beef Cheeseburger Fries Garlic Breadstick Crispy Chicken Wrap Carrots Fruit and Vegetable Bar Choice of Milk	12 Homemade Cheese Pizza Mini Corn Dogs Corn Fruit and Vegetable Bar Choice of Milk	13 HOM - Winter Squash & Sage
16 Chicken Alfredo w/Pasta Garlic Breadstick Cheese & Pepperoni Flatbread Steamed Peas Fruit and Vegetable Bar Choice of Milk	17 Local Beef Beef Nachos Breakfast Sandwich Refried Beans Fruit and Vegetable Bar Choice of Milk	18 Holiday Meal Roast Turkey & Gravy Mashed Potatoes Dinner Roll Turkey&Cheese Sandwich Pumpkin Spice Roasted Vegetables Fruit and Vegetable Bar Choice of Milk M&M Cookie, WG	19 Local Beef Cheeseburger on WG Bun Hamburger Gravy Brown Rice, WG Glazed Carrots Fruit and Vegetable Bar Choice of Milk	20
23 Cheesy Bosco Stick Marinara Sauce BBQ Pulled Pork Sandwich Corn Fruit and Vegetable Bar Choice of Milk	24 Noon Dismissal Corn Dog Baby Carrots Apple Choice of Milk	25 No School	26 Happy Thanksgiving!	27
30 LTO Lebanese Chicken Wings Lemon Garlic Chicken Wings French Fries Dinner Roll Grilled Cheese Sandwich Steamed Peas 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

November
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini-Cinnis, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	3 Breakfast Sandwich Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	4 Snack Bread Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	5 Cinnamon Roll Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	6 Student/Staff Friday
9 Biscuits and Gravy Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	10 Pancake on a Stick, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	11 Muffin Cheese Stick Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	12 Frosted Long John Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	13
16 Mini Confetti Pancakes, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	17 Brekkie, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	18 Chicken Breakfast Biscuit Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	19 Cinnamon Roll, WG Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	20
23 French Toast Sticks Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	24 Fru-del Choice of Cereal Graham Crackers Fruit or Juice Selection Choice of Milk	25	26	27
30 Breakfast Pizza 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

November
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Snack Bread Milk	3 Cheese Stick Graham Crackers	4 Yogurt Apple Slices	5 Brekkie, WG Milk	6
9 Popcorn Milk	10 Goldfish Crackers Milk	11 Choice of Cereal Milk	12 Cinnamon Cream Cheese Filled Bagel, WG Milk	13
16 Muffin Milk	17 Cereal Bar Milk	18 Peanut butter Apple Slices	19 Pretzels Juice (6 fl oz)	20
23 Pop-Tart Milk	24 Noon Dismissal	25	26	27
30 Snack Bread Milk	1			

PRICES

EXTRA INFO

HARVEST OF



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Winner MS/HS Lunch November 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	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 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					
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					
Breakfast Sandwich	1 each	264	30 g	12 g	11 g	4 g	51 mg	574 mg	4 g	5 g	0	0	58 mg	2 mg	X	X	X		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 & 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					
Cheeseburger Fries	each	490	42 g	27 g	26 g	9 g	66 mg	1128 mg	3 g	8 g	0	8	56 mg	1 mg	X	X	X		X					
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 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 Bowl	1 bowl	578	67 g	25 g	24 g	6 g	37 mg	1308 mg	5 g	n/a	320	21	147 mg	3 mg	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					
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					
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					
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					
French Fries	1/2 cup	110	17 g	2 g	4 g	1 g	0 mg	236 mg	2 g	1 g	0	4	0 mg	1 mg										
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					
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							
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 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					
Lemon Garlic Chicken Wings	3 each, 2 rolls	895	45 g	63 g	51 g	9 g	337 mg	1123 mg	5 g	4 g	0	2	93 mg	3 mg	X	X	X		X					
M&M Cookie, WG	cookie	180	31 g	2 g	6 g	2 g	5 mg	180 mg	2 g	17 g	33	0	0 mg	1 mg	X	X	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										
Mashed Potatoes	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							
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	418	37 g	24 g	20 g	7 g	68 mg	1044 mg	5 g	n/a	1093	17	221 mg	4 mg	X		X		X					
Pumpkin Spice Roasted Vegetables	1/2 cup	69	10 g	2 g	4 g	0 g	0 mg	161 mg	3 g	n/a	164	15	29 mg	0 mg										
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							
Roast Turkey & Gravy	1 serving	126	4 g	18 g	4 g	1 g	43 mg	803 mg	0 g	n/a	0	0	8 mg	0 mg	X		X		X					
Roasted 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									
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							
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										
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	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&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 November 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	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 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					
Breakfast Sandwich	1 each	264	30 g	12 g	11 g	4 g	51 mg	574 mg	4 g	5 g	0	0	58 mg	2 mg	X	X	X		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 & 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					
Cheeseburger Fries	each	490	42 g	27 g	26 g	9 g	66 mg	1128 mg	3 g	8 g	0	8	56 mg	1 mg	X	X	X		X					
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					
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	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					
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					
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					
French Fries	1/2 cup	110	17 g	2 g	4 g	1 g	0 mg	236 mg	2 g	1 g	0	4	0 mg	1 mg										
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					
Glazed Carrots	1/2 cup	74	17 g	1 g	1 g	0 g	0 mg	55 mg	3 g	6 g	15475	14	34 mg	1 mg										
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							
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					
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					
Lemon Garlic Chicken Wings	3 each, 2 rolls	895	45 g	63 g	51 g	9 g	337 mg	1123 mg	5 g	4 g	0	2	93 mg	3 mg	X	X	X		X					
M&M Cookie, WG	cookie	180	31 g	2 g	6 g	2 g	5 mg	180 mg	2 g	17 g	33	0	0 mg	1 mg	X	X	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										
Mashed Potatoes	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							
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					
Pumpkin Spice Roasted Vegetables	1/2 cup	69	10 g	2 g	4 g	0 g	0 mg	161 mg	3 g	n/a	164	15	29 mg	0 mg										
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							
Roast Turkey & Gravy	1 serving	126	4 g	18 g	4 g	1 g	43 mg	803 mg	0 g	n/a	0	0	8 mg	0 mg	X		X		X					
Roasted 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									
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							
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										
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										
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 November 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
Biscuits and Gravy	.5c/1 biscuit	325	32 g	14 g	16 g	8 g	46 mg	489 mg	2 g	7 g	454	1	403 mg	2 mg	X				X					
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	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					
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 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					
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					
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	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 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-Cinnis, WG	1 pouch	210	37 g	4 g	6 g	2 g	0 mg	260 mg	3 g	11 g	0	0	30 mg	2 mg	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							
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					

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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 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										
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 bar	160	29 g	3 g	4 g	0 g	0 mg	105 mg	3 g	9 g	0	2	260 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					
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									
Cinnamon Cream Cheese Filled Bagel, WG	1 package	230	42 g	6 g	6 g	2 g	10 mg	180 mg	3 g	12 g	0	0	30 mg	2 mg	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					
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					
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							
Popcorn	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									
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									
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					