

**Lakota Local School District
Child Nutrition
District Wide Breakfast Nutritionals
2024-2025**

Item Description	Serving	Carb gm	Allergens
Entrees			
Belvita Minis, Cinnamon	1 Package	21	Wheat, Soy
Bread/Banana	1 Slice(s)	45	Milk, Eggs, Wheat, Soy
Bread/Lemon	1 Slice(s)	44	Milk, Eggs, Wheat, Soy
Bread/Pumpkin	1 Slice(s)	44	Milk, Eggs, Wheat, Soy
Muffin Chocolate Chip 2oz	1 Muffin	32	Milk, Eggs, Wheat, Soy
Muffin Chocolate Chocolate Chip 2oz	1 Muffin	33	Milk, Eggs, Wheat, Soy
Muffin Blueberry 2oz	1 Muffin	30	Eggs, Wheat, Soy
Breakfast on a Stick	1 Stick	16	Milk, Eggs, Wheat, Soy
Breakfast Bagel Sausage, Egg & Cheese	1 Bagel	23	Milk, Eggs, Wheat, Soy
Breakfast Pizza Turkey Sausage	1 Pizza	24	Milk, Wheat, Soy
Cereal/Cinnamon Toast Crunch	1 Bowl	22	Wheat, Soy
Cereal/Frosted Flakes	1 Bowl	24	Wheat
Cereal/Fruit Loops	1 Bowl	24	Wheat, Red 40, Yellow 5 & 6, Blue 1
Cereal/Lucky Charms	1 Bowl	23	Red 40, Yellow 5 & 6, Blue 1. Gelatin
Cheese Stick, Colby Jack (Jr High / High)	1 Stick	0	Milk
Cheese/String	1 Stick	1	Milk
Chicken Sausage and Cheese Stuffed Waffle	1 Sandwich	23	Milk, Eggs, Wheat
Chocolate Cherry Granola Bar	1 Package	19	Eggs, Wheat
Cinnamon Swirl Roll	1 Roll	41	Eggs, Wheat, Soy
Donut Holes/Powdered 7-12	1 Cup	42	Milk, Eggs, Wheat, Soy
Donut/Pull Apart 7-12	1 Package	31	Milk, Eggs, Wheat, Soy
Donut/Ring	1 Package	24	Milk, Eggs, Wheat, Soy
French Toast/Mini Chocolate Chip	1 Package	37	Milk, Eggs, Wheat, Soy
Jimmy Dean Egg and Cheese Sandwich	1 Sandwich	19	Milk, Eggs, Wheat, Soy
Mini Cinnis	1 Package	41	Milk, Wheat
Nutri Grain Bar - Apple Cinnamon	1 Bar	30	Milk, Wheat, Soy
Nutri Grain Bar - Strawberry	1 Bar	30	Milk, Wheat, Soy
Omelet/Cheese	1 Omelet	2	Milk, Eggs
Pancake Bites	1 Package	37	Milk, Eggs, Wheat, Soy
Pancake / Blueberry	1 Package	36	Milk, Eggs, Wheat, Soy
Maple Pancake Sausage Sandwich	1 Sandwich	18	Milk, Eggs, Wheat, Soy
Peanut Butter & Jelly Uncrustable (Small)	1 Sandwich	32	Peanuts, Wheat
Peanut Butter & Jelly Uncrustable (Large)	1 Sandwich	64	Peanuts, Wheat
Pop-Tart/Frosted Cinnamon	1 Pop-Tart	37	Wheat, Soy, Gelatin
Pop-Tart/Frosted Strawberry	1 Pop-Tart	36	Wheat, Soy, Gelatin
Soft filled/Cinnamon Toast Crunch	1 Bar	41	Milk, Wheat
Yogurt Chobani Strawberry	1 Unit	12	Milk
Yogurt Cup/ Danimals	1 Unit	12	Milk
Yogurt Parfait 9-12	1 Parfait	64	Milk, Wheat, Kosher Gelatin
Fruits			
Apple/Gala	1 Apple(s)	25	
Apple/Granny Smith	1 Apple(s)	25	
Applesauce/Blue Raspberry	1 Unit(s)	18	Blue 1
Applesauce/Cinnamon	1 Unit(s)	17	
Applesauce/Pink Lemonade	1 Unit(s)	14	
Applesauce/Watermelon	1 Unit(s)	17	Red 40
Banana	1 Banana(s)	27	
Craisins, Raspberry Lemonade	1 Packet(s)	27	
Craisins, Orange	1 Packet(s)	27	
Craisins, Strawberry	1 Packet(s)	27	
Craisins, Watermelon	1 Packet(s)	27	
Mandarin Oranges Cup	1 Unit	21	

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Mixed Fruit Cup	1 Unit	19	
Orange	1 Orange(s)	16	
Peach Cup, Diced	1 Unit	14	
Peach Cup, Frozen	1 Unit	21	
Pineapple Tidbits, Canned	1/2 Cup(s)	16	
Pineapple Tidbits	1 Unit	15	
Strawberry Cup	1 Unit	21	
Drinks			
Juice/Apple	1 Unit	14	
Juice/Fruit	1 Unit	14	
Juice/Grape	1 Unit	21	
Juice/Orange	1 Unit	13	
Juicy Juice/Berry, 6.75 oz	1 Box	24	
Juicy Juice/Fruit Punch, 6.75 oz	1 Box	24	
Juicy Juice/Kiwi Strawberry	1 Box	24	
Juicy Juice/Orange	1 Box	24	
Smoothie Strawberry/Banana	1 Bottle	36	Milk
Milk, Soy	1 Carton	18	Soy
Milk/Chocolate	1 Half Pint	20	Milk
Milk/Strawberry	1 Half Pint	19	Milk
Milk/White	1 Half Pint	12	Milk