

**Lakota Local School District  
Child Nutrition  
District Wide Breakfast Nutritionals  
2023-2024**

Item Description	Serving	Calories cals	Carb gm	Protein gm	Tot Fat gm	Allergens
<b>Entrees</b>						
Bread/Banana	1 Slice(s)	260	45	5	8	Milk, Eggs, Wheat, Soy
Bread/Lemon	1 Slice(s)	230	44	5	8	Milk, Eggs, Wheat, Soy
Bread/Pumpkin	1 Slice(s)	260	44	5	8	Milk, Eggs, Wheat, Soy
Muffin Chocolate Chip 2oz	1 Muffin	190	33	3	6	Milk, Eggs, Wheat, Soy
Muffin Chocolate Chocolate Chip 2oz	1 Muffin	190	33	3	6	Milk, Eggs, Wheat, Soy
Muffin Blueberry 2oz	1 Muffin	190	30	3	6	Eggs, Wheat, Soy
Breakfast on a Stick	1 Stick	140	16	8	5	Milk, Eggs, Wheat, Soy
Breakfast Bagel Sausage, Egg & Cheese	1 Bagel	180	23	10	6	Milk, Eggs, Wheat, Soy
Breakfast Pizza Turkey Sausage	1 Pizza	200	26	9	7	Milk, Wheat, Soy
Cereal/Cinnamon Toast Crunch	1 Bowl	120	22	1	3	Wheat, Soy
Cereal/Frosted Flakes	1 Bowl	100	24	2	0	Wheat
Cereal/Fruit Loops	1 Bowl	100	24	2	1	Wheat, Red 40, Yellow 5 & 6, Blue 1
Cereal/Lucky Charms	1 Bowl	110	23	2	1	Red 40, Yellow 5 & 6, Blue 1
Cheese/String	1 Stick	80	1	7	6	Milk
Cinnamon Roll	1 Roll	250	48	6	7	Milk, Wheat, Soy
Donut Holes/Powdered 7-12	1 Cup	280	42	4	12	Milk, Eggs, Wheat, Soy
Donut/Pull Apart 7-12	1 Package	240	31	4	11	Milk, Eggs, Wheat, Soy
Donut/Ring	1 Package	150	23	4	5	Milk, Eggs, Wheat, Soy
French Toast/Mini Chocolate Chip	1 Package	190	35	5	6	Milk, Eggs, Wheat, Soy
Mini Cinnis	1 Package	240	40	5	8	Milk, Wheat
Nutri Grain Bar - Apple Cinnamon	1 Bar	130	25	2	4	Milk, Wheat, Soy
Nutri Grain Bar - Strawberry	1 Bar	160	30	2	4	Milk, Wheat, Soy
Omelet/Cheese	1 Omelet	180	2	13	13	Milk, Eggs
Pancake Bites	1 Package	250	37	4	12	Milk, Eggs, Wheat, Soy
Pancake / Blueberry	1 Package	190	35	4	4	Milk, Eggs, Wheat, Soy
Maple Pancake Sausage Sandwich	1 Sandwich	140	16	8	5	Milk, Eggs, Wheat, Soy
Peanut Butter & Jelly Uncrustable (Small)	1 Sandwich	300	32	9	17	Peanuts, Wheat
Peanut Butter & Jelly Uncrustable (Large)	1 Sandwich	600	64	18	34	Peanuts, Wheat
Pop-Tart/Frosted Cinnamon	1 Pop-Tart	170	37	2	3	Wheat, Soy, Gelatin
Pop-Tart/Frosted Strawberry	1 Pop-Tart	170	36	2	3	Wheat, Soy, Gelatin
Raspberry Pastry	1 Pastry	230	35	5	8	Wheat, Soy
Soft filled/Cinnamon Toast Crunch	1 Bar	260	41	6	8	Milk, Wheat
Soft filled/Coco Puff	1 Bar	240	41	6	6	Milk, Wheat
Yogurt Chobani Strawberry	1 Unit	90	12	9	0	Milk
Yogurt Cup/ Danimals	1 Unit	60	12	4	0	Milk
Yogurt Parfait 9-12	1 Parfait	405	75	9	9	Milk, Wheat, Kosher Gelatin

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<b>Fruits</b>						
Apple/Gala	1 Apple(s)	89	21	0	0	
Apple/Granny Smith	1 Apple(s)	84	20	1	0	
Applesauce/Blue Raspberry	1 Unit(s)	70	17	0	0	Blue 1
Applesauce/Cinnamon	1 Unit(s)	64	17	0	0	
Applesauce/Strawberry Banana	1 Unit(s)	66	17	0	0	Red 40
Applesauce/Watermelon	1 Unit(s)	63	17	0	0	Red 40
Banana	1 Banana(s)	105	27	1	0	
Craisins, Raspberry Lemonade	1 Packet(s)	110	27	0	0	
Craisins, Orange	1 Packet(s)	110	27	0	0	
Craisins, Strawberry	1 Packet(s)	110	27	0	0	
Craisins, Watermelon	1 Packet(s)	110	27	0	0	
Mandarin Oranges Cup	1 Unit	80	21	1	0	
Mandarin Oranges	1/2 Cup(s)	60	14	0	0	
Mixed Fruit Cup	1 Unit	80	19	1	0	
Orange	1 Orange(s)	65	16	1	0	
Peach Cup	1 Unit	90	21	1	0	
Pineapple Tidbits	1/2 Cup(s)	60	15	0	0	
Strawberry Cup	1 Unit	80	21	0	0	
<b>Drinks</b>						
Juice/Apple	1 Unit(s)	60	14	0	0	
Juice/Fruit	1 Unit(s)	60	14	0	0	
Juice/Grape	1 Unit	80	21	0	0	
Juice/Orange	1 Unit	60	13	1	0	
Juicy Juice/Berry	1 Box	100	24	0	0	
Juicy Juice/Fruit Punch	1 Box	100	24	0	0	
Juicy Juice/Kiwi Strawberry	1 Box	100	24	0	0	
Juicy Juice/Orange	1 Box	100	24	0	0	
Smoothie Mango	1 Bottle	110	22	6	1	Milk
Smoothie Strawberry	1 Bottle	110	22	6	1	Milk
Milk, Almond	1 Carton	70	11	1	3	Treenuts
Milk/Chocolate	1 Half Pint	120	20	9	0	Milk
Milk/Strawberry	1 Half Pint	110	19	6	0	Milk
Milk/White	1 Half Pint	100	12	8	3	Milk