

Lakota Local School District
Child Nutrition
Junior High School Lunch Nutritionals
2024-2025

LUNCH		Carb	Allergens
Item Description	Serving	gm	
Entrees			
Barbacoa/Turkey and Queso	1 Serving	32	Milk
<i>Barbacoa/Turkey</i>	3 Ounce	2	
<i>Queso Blanco Sauce</i>	1 Ounce(s)	1	Milk
<i>Tostitos Crispy Rounds</i>	1 Bag	29	
Boneless Wings	3.75oz=approx. 5 pcs.	23	Milk, Wheat
Bosco Sticks w/Marinara	2 Sticks	41	Milk, Wheat, Soy
<i>Bosco Sticks</i>	2 Sticks	34	Milk, Wheat
<i>Sauce/Marinara</i>	1 Unit	7	
Calzone/Pepperoni	1 Calzone	36	Milk, Wheat, Soy
Cheeseburger on a Bun	1 Sandwich	31	Milk, Wheat, Soy, Sesame
<i>Hamburger Bun</i>	1 Bun	29	Wheat, Sesame
<i>Hamburger Patty</i>	1 Hamburger	1	
<i>Cheese/American</i>	1 Slice	1	Milk, Soy
Cheesy Breadsticks (Max Stix)	1 Piece(s)	29	Milk, Wheat, Soy
Chicken/General Tso	3.9 Ounce	25	Milk, Eggs, Wheat, Soy, Sesame
Chicken Nuggets	5 Nuggets	13	Wheat, Soy
Chicken/Orange	3.6 Ounce(s)	19	Eggs, Wheat, Soy
Chicken Poppers	10 Pieces	14	Wheat
Chicken Sandwich (Crispy)	1 Sandwich	44	Wheat, Sesame
<i>Hamburger Bun</i>	1 Bun	29	Wheat, Sesame
<i>Chicken Patty</i>	1 Patty	15	Wheat
Chicken Sandwich/Grilled	1 Sandwich	30	Wheat, Soy, Sesame
<i>Hamburger Bun</i>	1 Bun	29	Wheat, Sesame
<i>Chicken Patty/Grilled</i>	1 Patty	1	Soy
Chicken Sandwich/Spicy	1 Sandwich	43	Wheat, Sesame
<i>Hamburger Bun</i>	1 Bun	29	Wheat, Sesame
<i>Chicken Patty/Spicy</i>	1 Patty	14	Wheat
Chicken Tenders	3 Tenders	20	Milk, Wheat
Chicken-Waffles	1 Serving	48	Milk, Eggs, Wheat, Soy
<i>Chicken Tenders</i>	3 Tenders	20	Wheat
<i>Waffle</i>	2 Waffle	28	Milk, Eggs, Wheat, Soy
<i>Syrup/Pancake</i>	1 PC	20	
Chili Tots	1 Serving	32	Milk
<i>Chili</i>	2.5 oz	3	
<i>Tots</i>	16	28	
<i>Shredded Cheddar</i>	1.25 oz	1	Milk
Chili Cheese Coney on a Bun	1 Sandwich	30	Milk, Wheat, Sesame
<i>Hot Dog Bun</i>	1 Bun	25	Wheat, Sesame
<i>Hot Dog Frank</i>	1 Frank	4	
<i>Cincinnati Chili</i>	1 Ounce(s)	1	
<i>Cheese/Cheddar, Shredded</i>	1/8 Ounce(s)	0	Milk
Corn Dog on a Stick	1 Corn Dog	30	Eggs, Wheat, Soy
Deli Bar - Plains JR	1 Sandwich		
<i>Hoagie Bun</i>	1 Bun	39	Wheat, Sesame
<i>Deli Ham/Turkey Ham</i>	6 Slices	1	
<i>Deli Turkey</i>	3 Ounce(s)	0	
<i>Italian Combo</i>	6 Slices	2	
<i>Turkey Bacon</i>	1 Slice	0	
<i>Cheese/American</i>	1 Slice(s)	1	Milk, Soy
<i>Cheese/Mozzarella, Shredded</i>	1/2 Ounce	1	Milk
<i>Jalapeno Pepper Ring</i>	1/2 Ounce	1	
<i>Lettuce/Shredded</i>	1/2 Ounce	0	

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<i>Onion/Diced</i>	1 Tbsp	1	
<i>Pickle/Dill, Sliced</i>	1/2 OZ	0	Yellow 5, Blue 1
<i>Tomato</i>	1/2 Ounce	1	
<i>Banana Pepper Ring</i>	1/2 Ounce	1	Yellow 5
<i>Mayo/Chipotle Ranch</i>	1 TBSP	1	Milk, Eggs, Soy
Fish Sandwich	1 Sandwich	45	Fish, Wheat, Milk, Sesame
<i>Hamburger Bun</i>	1 Bun	29	Wheat, Sesame
Fish	1 Wedge	16	Fish, Wheat, Milk
French Toast Slices	4 Slices	50	Milk, Egg, Wheat, Soy
French Toast Sticks	4 Sticks	38	Soy, Wheat
Hamburger on a Bun	1 Sandwich	30	Wheat, Sesame
<i>Hamburger Bun</i>	1 Bun	29	Wheat, Sesame
<i>Hamburger Patty</i>	1 Hamburger	1	
Philly Beef Steak		31	
<i>Philly Beef Steak</i>	2.75 oz	4	
<i>Hot Dog Bun</i>	1 Bun	25	Wheat, Sesame
<i>Queso Blanco Sauce</i>	1 Ounce(s)	1	Milk
<i>Onions and Peppers</i>		1	
Nachos Beef and Cheese 7-8	1 Serving	36	Milk, Soy
<i>Tostitos Crispy Rounds</i>	1 Bag	29	
<i>Taco Meat</i>	3 1/4 Ounce(s)	5	Soy
<i>Jalapeno Cheese Sauce</i>	1 Ounce(s)	2	Milk, Soy
Pizza Crunchers	4 Crunchers	41	Milk, Wheat
Pizza, Big Daddy Cheese	1 Slice	42	Milk, Soy, Wheat
Pizza, Big Daddy Pepperoni	1 Slice	42	Milk, Soy, Wheat
Power Pack - Peanut Butter	1 Pack	62	Peanuts, Wheat
Baby Carrots	1/2 Cup	7	
Heartzels	2 Bags	32	Wheat
Peanut Butter Cup	2 Unit	16	Peanuts
Apple Slices	1 Pack	7	
Salad/Crispy Buffalo Chicken Salad	1 Salad	47	Milk, Wheat
Salad/Crispy Chicken	1 Salad	47	Milk, Eggs, Wheat
Salad/Vegetarian	1 Salad	52	Milk, Eggs, Wheat
Sausage Patty/Turkey	1 Patty(s)	0	
Tex-Mex Express	1 Serving		
<i>Doritos, Nacho</i>	1 Bag	27	Milk, Yellow 5 & 6, Red 40
<i>Fritos Corn Chips</i>	1 Bag	24	
<i>Tostitos Crispy Rounds</i>	1 Bag	29	
<i>Tortilla Shell 10"</i>	1 Shell	32	Wheat
<i>Chicken/Fajita</i>	3 Ounces	0	
<i>Taco Meat</i>	3 1/4 Ounce(s)	5	Soy
<i>Barbacoa/Turkey</i>	3 Ounce	2	
<i>Banana Pepper Ring</i>	1/2 Ounce	1	Yellow 5
<i>Lettuce/Shredded</i>	1/2 Ounce	0	
<i>Salsa, Fresh</i>	1/2 Cup(s)	12	
<i>Jalapeno Cheese Sauce</i>	1 Ounce(s)	2	Milk, Soy
<i>Sour Cream</i>	1 Package	1	Milk
<i>Tomato</i>	1/2 Ounce	1	
Totally Taco Max Snax K-8	4 Triangles	40	Milk, Wheat, Soy
Uncrustable	1 Sandwich	64	Peanuts, Wheat
Wrap/Crispy Buffalo Chicken	1 Serving	49	Milk, Wheat, Soy
Wrap/Crispy Chicken	1 Serving	49	Milk, Wheat, Soy
Fruit			
Apple/Gala	1 Apple(s)	25	

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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
Apple Slices	1 Pack	7	
Banana	1 Banana(s)	27	
Blueberries	1/2 Cup(s)	9	
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	
Fresh Cantaloupe	1/2 Cup(s)	6	
Fresh Pineapple	1/2 Cup(s)	10	
Fresh Strawberries	1/2 Cup(s)	6	
Fresh Watermelon	1/2 Cup(s)	6	
Mixed Fruit Cup	1 Unit	19	
Grapes/Red	1/2 Cup(s)	14	
Mandarin Oranges Cup	1 Unit	21	
Orange	1 Orange(s)	16	
Peach Cup, Frozen	1 Unit	21	
Peaches, Diced	1/2 Cup(s)	14	
Pineapple Tidbits	1/2 Cup(s)	15	
Strawberry Cup	1 Unit	21	
Vegetables			
Baked Beans	1/2 Cup(s)	29	
Black Bean & Corn Mix	1/2 Cup(s)	20	
Broccoli	1/2 Cup(s)	2	
Broccoli/Cauliflower Mix	1/2 Cup(s)	3	
Carrots/Baby	1 Bag(s)	7	
Cherry Smoothie	1 Unit	21	
Corn	1/2 Cup(s)	15	
Cucumbers	1/2 Cup(s)	1	
Fries/Curly	1 Cup	34	
Fries/Shoestring	1 Cup	38	
Fries/Sweet Potato, Savory	1 Cup	50	
Fries/Waffle	1 Cup	28	Wheat
Fries/Wedge	1 Cup	40	
Green Beans	1/2 Cup(s)	3	
Mashed Potatoes	1/2 Cup(s)	14	Milk
Peas & Carrots	1/2 Cup(s)	7	
Potato Starz K-8	12 Starz(s)	4	
Romaine Side Salad(1Cup = Tomato)	1 Cup(s)	3	
Roasted Corn & Peppers	1/2 Cup(s)	16	
Salsa, Fresh	1/2 Cup(s)	12	
Sauce/Marinara	1 Unit	7	Soy
Stir Fry	1/2 Cup(s)	4	
Sweet Potato, Maple Roasted	3/4 Cup(s)	36	
Tomatoes/Grape	1/2 Cup(s)	4	
Condiments/Sauces			
Chick'n Dippin Sauce	1 Piece	6	Egg
Dressing/Italian12 grams	1 Packet(s)	2	
Dressing/Italian Light 1.5oz	1 Packet(s)	4	
Dressing/Ranch 12 grams	1 Packet(s)	2	Milk, Egg

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Dressing/Ranch Light 1.5oz	1 Packet(s)	9	Milk
Gravy/Chicken	1 Ounce(s)	2	Wheat, Soy, Milk,Egg
Ketchup Packet	1 Packet(s)	3	
Mayonnaise	1 Packet(s)	1	Egg
Mustard Packet	1 Packet(s)	1	
Sauce/Barbeque	1 PC	12	
Sauce/Buffalo Wing	1 Ounce(s)	0	
Sauce/Jalapeno Cheese	1 Ounce(s)	2	Milk, Soy
Sauce/Sweet & Sour	1 Ounce(s)	11	
Sauce/Tartar	1 Packet(s)	2	Eggs
Miscellaneous			
Dinner Roll	1 Roll	17	Wheat, Sesame
Corn Bread	1 Muffin	31	Milk, Wheat, Soy, Egg
Cracker Crunch-Crave	1 Bag	19	Wheat
Egg/Hard Boiled	1 Egg	1	Egg
Egg Roll, Vegetable	1 Roll	24	Wheat, Soy, Sesame
Rice/Fried	1/2 Cup(s)	27	Wheat, Soy, Sesame
Rice	1/2 Cup(s)	18	
Beverages			
Envy, Apple	1 Can	29	
Envy, Strawberry Kiwi	1 Can	29	
Ice, Kiwi Strawberry	1 Bottle	0	
Ice, Lemonade	1 Bottle	0	
Ice, Orange Mango	1 Bottle	0	
Juice/Apple	1 Unit(s)	14	
Juice/Fruit	1 Unit(s)	14	
Juice/Grape	1 Unit(s)	21	
Juice/Orange	1 Unit(s)	13	
Milk/Almond	1 Carton	11	
Milk/Chocolate	1 Half Pint	20	Milk
Milk/Strawberry	1 Half Pint	19	Milk
Milk/White	1 Half Pint	12	Milk
Snapple, Green Apple	1 Bottle	41	
Snacks			
Belvitas 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
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	Wheat, Soy, Yellow 5 & 6, Red 40, Blue 1
Cheese/String	1 Stick	1	Milk
Cookie/Carnival	1 Cookie	27	Milk, Eggs, Wheat, Soy, Blue 1,2, Yellow 5,6 Red 40
Cookie/Chocolate Chip	1 Cookie	17	Milk, Eggs, Wheat, Soy
Cookie/Sugar	1 Cookie	17	Milk, 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
Fruit Snacks/Motts Berry	1 Pouch	38	
Muffin Blueberry 2oz	1 Muffin	30	Eggs, Wheat, Soy
Muffin Chocolate Chocolate Chip 2oz	1 Muffin	33	Milk, Eggs, Wheat, Soy
Muffin Chocolate Chip 2oz	1 Muffin	33	Milk, Eggs, Wheat, Soy
Nutri Grain Bar - Apple Cinnamon	1 Bar	30	Milk, Wheat, Soy
Nutri Grain Bar - Strawberry	1 Bar	30	Milk, Wheat, Soy

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Pop-Tart/Frosted Cinnamon	1 Pop-Tart	37	Wheat, Soy, Gelatin
Pop-Tart/Frosted Strawberry	1 Pop-Tart	36	Wheat, Soy, Gelatin
Rice Krispie Treat	1 Bar	30	Milk, Soy, Gelatin
Rice Krispie Treat Chocolatey Chip	1 Bar	34	Milk, Soy, Gelatin
Chips/Snacks			
Baked BBQ Chips	1 Bag	19	Milk, Soy
Cheetos, Baked Crunchy	1 Bag	16	Milk, Yellow 6
Cheetos/Flamin' Hot	1 Bag	16	Milk, Yellow 5 & 6, Red 40
Cheetos, Puffs	1 Bag	13	Milk, Yellow 6
Doritos, Cool Ranch	1 Bag	20	Milk, Red 40, Blue 1, Yellow 5
Doritos, Flamas	1 Bag	20	Milk, Yellow 6, Red 40
Doritos, Nacho	1 Bag	20	Milk, Yellow 5 & 6, Red 40
Doritos, Spicy Sweet Chili	1 Bag	20	Wheat, Soy
Heartzels	1 Bag	16	Wheat
Popcorn, White Cheddar	1 Bag	9	Milk
Ruffles, Cheddar	1 Bag	25	Milk, Soy, Yellow 5 & 6
Ice Cream			
Bar/Chocolate Scooter	1 Bar	26	Milk, Wheat, Soy
Bar/Strawberry Scooter	1 Bar	25	Milk, Wheat, Soy, Red 40 & 3
Cone, Cookie n Cream	1 Cone	24	Milk, Wheat, Soy
Cone, Vanilla/Chocolate	1 Cone	23	Milk, Wheat, Soy
Cup, Chocolate Sundae	1 Cup	18	Milk
Cup, Strawberry Sundae	1 Cup	18	Milk
Twister Cup, Cotton Candy	1 Unit	19	Milk, Red 40, Blue 1
Sandwich/Mini	1 Sandwich	19	Milk, Wheat, Soy
Sherbert/Orange	1 Cup	30	Milk, Yellow 5 & 6, Red 40
Sherbert/Raspberry	1 Cup	32	Milk, Red 40, Blue 1