

**Lakota Local School District  
Child Nutrition  
High School Lunch Nutritionals  
2023-2024**

LUNCH		Calories	Carb	Protein	Tot Fat	Allergens
Item Description		cal	gm	gm	gm	
<b>Entrees</b>						
Barbacoa/Turkey and Queso	1 Serving	341	31	16	16	Milk
<i>Barbacoa/Turkey</i>	3 Ounce	90	2	13	4	
<i>Queso Blanco Sauce</i>	1 Ounce(s)	61	1	4	5	Milk
<i>Tostitos Crispy Rounds</i>	1 Bag	190	28	3	7	
Bone-In Chicken Wings	5 Wings	350	1	23	28	
Bosco Sticks w/Marinara	2 Sticks	315	38	20	10	Milk, Wheat, Soy
<i>Bosco Sticks</i>	2 Sticks	300	34	20	10	Milk, Wheat
<i>Sauce/Marinara</i>	1 Unit	15	4	0	0	Soy
Black Bean Vegetarian Burger	1 Serving	350	45	21	7	Eggs, Wheat, Soy, Sesame
<i>Hamburger Bun</i>	1 Bun	160	29	6	2	Wheat, Sesame
<i>Vegetarian Burger</i>	1 Burger	190	16	15	5	Eggs, Wheat, Soy
Calzone/Pepperoni	1 Calzone	350	36	20	14	Milk, Wheat, Soy
Cheeseburger on a Bun	1 Sandwich	395	32	21	20	Milk, Wheat, Soy, Sesame
<i>Hamburger Bun</i>	1 Bun	160	29	6	2	Wheat, Sesame
<i>Hamburger Patty</i>	1 Hamburger	180	2	12	13	Soy
<i>Cheese/American</i>	1 Slice	55	1	3	5	Milk, Soy
Cheesy Breadsticks	1 Piece(s)	260	29	14	10	Milk, Wheat, Soy
Chicken Bone-In Wings	5 Wings	350	1	23	28	
Chicken/General Tso	3.9 Ounce	210	24	12	7	Milk, Eggs, Wheat, Soy
Chicken Nuggets	5 Nuggets	190	13	15	9	Wheat, Soy
Chicken/Orange	3.6 Ounce(s)	150	19	11	3	Eggs, Wheat, Soy
Chicken Sandwich (Crispy)	1 Sandwich	280	30	29	5	Wheat, Soy, Sesame
<i>Hamburger Bun</i>	1 Bun	160	29	6	2	Wheat, Sesame
<i>Chicken Patty</i>	1 Patty	120	1	23	3	Soy
Chicken Sandwich/Grilled	1 Sandwich	280	30	29	5	Wheat, Soy, Sesame
<i>Hamburger Bun</i>	1 Bun	160	29	6	2	Wheat, Sesame
<i>Chicken Patty/Grilled</i>	1 Patty	120	1	23	3	Soy
Chicken Sandwich/Spicy	1 Sandwich	360	38	25	12	Wheat, Soy, Sesame
<i>Hamburger Bun</i>	1 Bun	160	29	6	2	Wheat, Sesame
<i>Chicken Patty/Spicy</i>	1 Patty	200	9	19	10	Wheat, Soy
Chicken Tenders	3 Tenders	280	16	25	13	Wheat
Chicken-Waffles	1 Serving	460	48	29	19	Milk, Eggs, Wheat, Soy
<i>Chicken Tenders</i>	3 Tenders	280	16	25	13	Wheat
<i>Waffle</i>	2 Waffle	180	32	4	6	Milk, Eggs, Wheat, Soy
<i>Syrup/Pancake</i>	1 PC	80	20	0	0	
Chili Fries	1 Serving	497	42	17	34	Milk, Soy
<i>Chili</i>	2.5 oz	100	3	6	7	
<i>Fries/Shoestring</i>	1 Cup	260	38	2	16	Soy
<i>Shredded Cheddar</i>	1.25 oz	137	1	7	11	Milk, Soy
Chili Cheese Coney on a Bun	1 Sandwich	305	30	16	15	Milk, Wheat, Soy, Sesame
<i>Hot Dog Bun</i>	1 Bun	140	28	5	2	Wheat, Sesame

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	<i>Hot Dog Frank</i>	1 Frank	120	4	7	9	
	<i>Cincinnati Chili</i>	1 Ounce(s)	41	1	3	3	
	<i>Cheese/Cheddar, Shredded</i>	1/8 Ounce(s)	14	0	1	1	Milk
	<i>Corn Dog on a Stick</i>	1 Corn Dog	240	30	9	9	Eggs, Wheat, Soy
	<i>Deli Bar - East/West High &amp; Freshma</i>	1 Sandwich					
	<i>Croissant</i>	1 Croissant	200	28	5	8	Milk, Eggs, Wheat, Soy, Sesame
	<i>Hoagie Bun</i>	1 Bun	200	39	7	2	Wheat, Sesame
	<i>Pretzel Bun</i>	1 Bun	218	33	11	4	Wheat, Soy, Sesame
	<i>Deli Ham/Turkey Ham</i>	6 Slices	100	0	14	5	
	<i>Deli Turkey</i>	3 Ounce(s)	80	0	17	2	
	<i>Italian Combo</i>	6 slice	127	2	13	7	
	<i>Turkey Bacon</i>	1 Slice	21	0	2	1	
	<i>Cheese/American</i>	1 Slice(s)	55	1	3	5	Milk, Soy
	<i>Cheese/Mozzarella, Shredded</i>	1/2 Ounce	45	1	4	3	Milk
	<i>Jalapeno Pepper Ring</i>	1/2 Ounce	3	1	0	0	
	<i>Lettuce/Shredded</i>	1/2 Ounce	2	0	0	0	
	<i>Onion/Diced</i>	1 Tbsp	4	1	0	0	
	<i>Pickle/Dill, Sliced</i>	1/2 OZ	0	0	0	0	Yellow 5, Blue 1
	<i>Tomato</i>	1/2 Ounce	3	1	0	0	
	<i>Banana Pepper Ring</i>	1/2 Ounce	3	1	0	0	Yellow 5
	<i>Mayo/Fire Roasted Jalapeno</i>	1/2 TBSP	50	0	0	6	Eggs
	<i>Mayo/Cilantro Lime</i>	1/2 TBSP	51	0	0	6	Eggs
	<i>Mayo/Chipotle</i>	1/2 TBSP	50	0	0	6	Eggs
	<i>Mayo/Chipotle Ranch</i>	1 TBSP	141	1	0	15	Milk, Eggs, Soy
	<i>Dill Chicken Sandwich</i>	1 Sandwich	390	50	25	10	Milk, Wheat, Soy, Sesame
	<i>Challah Bun</i>	1 Bun	160	30	5	3	Wheat, Sesame
	<i>Dill Chicken Patty</i>	1 Patty	230	20	20	7	Milk, Wheat, Soy
	<i>Fish Sandwich</i>	1 Sandwich	330	45	17	9	Fish, Wheat, Milk, Sesame
	<i>Hamburger Bun</i>	1 Bun	160	29	6	2	Wheat, Sesame
	<i>Fish</i>	1 Wedge	170	16	11	7	Fish, Wheat, Milk
	<i>French Toast Sticks</i>	4 Sticks	260	38	6	10	Soy, Wheat, Bioengineered Food Ingredient
	<i>Hamburger on a Bun</i>	1 Sandwich	340	31	18	15	Wheat, Soy, Sesame
	<i>Hamburger Bun</i>	1 Bun	160	29	6	2	Wheat, Sesame
	<i>Hamburger Patty</i>	1 Hamburger	180	2	12	13	Soy
	<i>Kielbasa &amp; Sauerkraut on Bun</i>	1 Sandwich	275	32	18	9	Wheat, Sesame
	<i>Kielbasa/Turkey</i>	1 Kielbasa	130	3	13	7	
	<i>Hot Dog Bun</i>	1 Bun	140	28	5	2	Wheat, Sesame
	<i>Sauerkraut</i>	2 tbsp	5	1	0	0	
	<i>Nachos Beef and Cheese 9-12</i>	1 Serving	336	36	16	14	Milk, Soy, Yellow 6
	<i>Tostitos Crispy Rounds</i>	1 Bag	190	28	3	7	
	<i>Taco Meat</i>	3 1/4 Ounce(s)	114	5	13	5	Soy
	<i>Sauce/Nacho Cheese</i>	1 Ounce(s)	35	3	1	2	Milk, Soy, Yellow 6

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<b>Item Description</b>		<b>cals</b>	<b>gm</b>	<b>gm</b>	<b>gm</b>	
Pizza Crunchers	5 Crunchers	525	51	25	43	Milk, Wheat, Soy
Pizza, Big Daddy Cheese	1 Slice	400	42	19	17	Milk, Soy, Wheat
Pizza, Big Daddy Pepperoni	1 Slice	415	42	21	19	Milk, Soy, Wheat
Power Pack - Egg & Cheese	1 Pack	557	49	28	30	Milk, Eggs, Wheat
Hard Boiled Egg	1 Egg	70	1	6	5	Eggs
Cheese Cubes	2 1/2 Ounce	225	3	18	18	Milk
Heartzels	2 Bags	160	32	4	2	Wheat
Red Grapes	1/2 Cup	52	14	1	0	
Power Pack - Peanut Butter	1 Pack	580	63	19	32	Peanuts, Wheat
Baby Carrots	1/2 Cup	30	8	1	0	
Heartzels	2 Bags	160	32	4	2	Wheat
Peanut Butter Cup	2 Unit	360	16	14	30	Peanuts
Apple Slices	1 Pack	30	7	0	0	
Salad/Crispy Buffalo Chicken Salad	1 Salad	464	52	27	19	Milk, Wheat, Soy
Salad/Crispy Chicken	1 Salad	534	53	33	24	Milk, Eggs, Wheat, Soy
Salad/Vegetarian	1 Salad	509	59	24	23	Milk, Eggs, Wheat
Sausage Patty/Turkey	2 Patty(s)	140	0	14	10	
Tex-Mex Express	1 Serving					
<i>Doritos, Cool Ranch</i>	1 Bag	130	20	2	4	Milk, Red 40, Blue 1, Yellow 5
<i>Doritos, Nacho</i>	1 Bag	190	28	3	7	Milk, Yellow 5 & 6, Red 40
<i>Fritos Corn Chips</i>	1 Bag	240	24	2	15	
<i>Tostitos Crispy Rounds</i>	1 Bag	190	28	3	7	
<i>Tortilla Shell 10"</i>	1 Shell	200	29	6	5	Wheat
<i>Tortilla Shell 6"</i>	1 Shell	180	29	6	5	Wheat
<i>Chicken/Fajita</i>	3 Ounces	110	3	17	3	
<i>Taco Meat</i>	3 1/4 Ounce(s)	114	5	13	5	Soy
<i>Barbacoa/Turkey</i>	3 Ounce	90	2	13	4	
<i>Banana Pepper Ring</i>	1/2 Ounce	3	1	0	0	Yellow 5
<i>Lettuce/Shredded</i>	1/2 Ounce	2	0	0	0	
<i>Salsa, Fresh</i>	1/2 Cup(s)	40	8	0	0	
<i>Sauce/Nacho Cheese</i>	1 Ounce(s)	35	3	1	2	Milk, Soy, Yellow 6
<i>Sour Cream</i>	1 Package	60	1	1	5	Milk
<i>Tomato</i>	1/2 Ounce	3	1	0	0	
<i>Oyster Cracker</i>	2 Package	140	18	2	4	Milk, Wheat, Soy
Totally Taco Max Snax 9 -12	5 Triangles	400	50	23	14	Milk, Wheat, Soy
Uncrustable	1 Sandwich	600	64	18	34	Peanuts, Wheat
Wrap/Crispy Buffalo Chicken	1 Serving	463	49	23	20	Milk, Wheat, Soy
Wrap/Crispy Chicken	1 Serving	456	49	23	20	Milk, Wheat, Soy
Yogurt Parfait	1 Parfait	402	75	8	9	Milk, Kosher Gelatin, Wheat
<b>Fruit</b>						
Apple/Gala	1 Apple(s)	89	21	0	0	
Apple/Granny Smith	1 Apple(s)	84	20	1	0	

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<b>Item Description</b>		<b>cals</b>	<b>gm</b>	<b>gm</b>	<b>gm</b>	
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
Apple Slices	1 Pack	30	7	0	0	
Banana	1 Banana(s)	105	27	1	0	
Blueberries	1/2 Cup(s)	40	10	0	0	
Cherries	1/2 Cup(s)	36	9	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	
Fresh Cantaloupe	1/2 Cup(s)	50	12	1	0	
Fresh Pineapple	1/2 Cup(s)	50	13	1	0	
Fresh Strawberries	1/2 Cup(s)	50	11	1	0	
Fresh Watermelon	1/2 Cup(s)	80	21	1	0	
Fruit Cocktail Cup	1 Unit	80	19	1	0	
Fruit Cocktail	1/2 Cup(s)	84	21	0	0	
Grapes/Red	1/2 Cup(s)	52	14	1	0	
Mandarin Oranges Cup	1 Unit	80	21	1	0	
Mandarin Oranges	1/2 Cup(s)	60	14	0	0	
Orange	1 Orange(s)	65	16	1	0	
Peach Cup	1 Unit	90	21	1	0	
Peaches, Diced	1/2 Cup(s)	50	14	0	0	
Pineapple Tidbits	1/2 Cup(s)	60	16	0	0	
Strawberry Cup	1 Unit	80	21	0	0	
<b>Vegetables</b>						
Baked Beans	1/2 Cups(s)	150	30	7	0	
Black Bean & Corn Mix	1/2 Cup(s)	120	22	7	1	
Broccoli	1/2 Cup(s)	10	2	1	0	
Broccoli/Cauliflower Mix	1/2 Cup(s)	30	5	1	0	
Carrots/Baby	1 Bag(s)	30	7	0	0	
Cherry Smoothie	1 Unit	100	22	0	0	
Corn	1/2 Cup(s)	90	15	3	2	
Cucumbers	1/2 Cup(s)	8	2	0	0	
Fries/Curly	1 Cup(s)	200	34	2	6	
Fries/Sweet Potato, Savory	1 Cup	320	50	2	14	
Fries/Waffle	1 Cup(s)	160	19	2	8	Wheat
Fries/Wedge	1 Cup(s)	240	40	4	8	
Green Beans	1/2 Cup(s)	18	4	1	0	
Mashed Potatoes	1/2 Cup(s)	70	14	2	1	Milk
Peas & Carrots	1/2 Cup(s)	38	7	2	0	

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<b>Item Description</b>		<b>cal</b>	<b>gm</b>	<b>gm</b>	<b>gm</b>	
Potato Starz 9-12	16 Starz	360	40	4	20	
Roasted Corn & Peppers	1/2 Cup(s)	120	16	3	5	
Salad/Side Romaine (EastFresh ONL	2 Cup(s)	12	2	2	0	
Salad/Small	1 Salad	90	15	3	3	
Salad Mix	1 Cup(s)	6	1	1	0	
Salsa, Fresh	1/2 Cup(s)	40	8	0	0	
Sauce/Marinara Cup	1 Unit	40	7	1	1	Soy
Sauerkraut	2 tbsp	5	1	0	0	
Stir Fry	1/2 Cup(s)	15	4	1	0	
Sweet Potato, Maple Roasted	3/4 Cup(s)	210	36	3	5	
Tomatoes/Grape	1/2 Cup(s)	14	3	1	0	
<b>Condiments/Sauces</b>						
Chick'n Dippin Sauce	1 Piece	130	6	0	12	Egg
Dressing/French Country Fat Free	1 Packet(s)	40	10	0	0	Yellow 6, Red 40, Blue 1
Dressing/Italian12 grams	1 Packet(s)	10	2	0	0	
Dressing/Italian Light	1 Packet(s)	15	2	0	1	Soy, Yellow 5 & 6
Dressing/Ranch 12 grams	1 Packet(s)	30	2	0	3	Milk, Eggs
Dressing/Ranch Light 1.5oz	1 Packet(s)	60	9	1	2	Milk
Gravy/Chicken	1 Ounce(s)	10	2	1	0	Wheat, Soy, Milk, *May contain Eggs
Ketchup Packet	1 Packet(s)	10	3	0	0	
Mayonnaise	1 Packet(s)	80	1	0	8	Egg
Mustard Packet	1 Packet(s)	0	1	0	0	
Sauce/Barbeque	1 PC	35	8	0	0	
Sauce/Buffalo Wing	1 Ounce(s)	25	2	0	2	
Sauce/Nacho Cheese	1 Ounce(s)	35	3	0	2	Milk, Yellow 6
Sauce/Sweet & Sour	1 Ounce(s)	45	11	0	0	
Sauce/Tartar	1 Packet(s)	35	2	0	3	Eggs
<b>Miscellaneous</b>						
Biscuit	1 Biscuit	220	29	4	9	Milk, Wheat, Soy
Corn Bread	2 Muffins	360	58	6	12	Milk, Wheat, Soy, Egg
Cracker Crunch-Crave	1 Bag	110	19	3	3	Wheat
Dinner Roll	1 Roll	90	17	3	1	Wheat, Sesame
Egg/Hard Boiled	1 Egg	70	1	6	5	Eggs, Soy
Egg Roll, Vegetable	1 Roll	140	24	4	4	Wheat, Soy, Sesame
Oyster Cracker	2 Package(s)	120	18	2	5	Milk, Wheat, Soy
Rice/Fried	1 Serv.(4.56oz)	210	38	7	3	Wheat, Soy, Milk
Rice	1/2 Cup(s)	160	34	4	1	
<b>Beverages</b>						
Coke, Cherry	1 Bottle	0	0	0	0	
Coke, Mello Yello	1 Bottle	0	0	0	0	
Coke, Orange	1 Bottle	0	0	0	0	
Coke, Zero	1 Bottle	0	0	0	0	

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Envy, Apple	1 Can	110	29	0	0	
Envy, Strawberry Kiwi	1 Can	110	29	0	0	
G2, Freeze	1 Bottle	30	8	0	0	Blue 1
G2, Fruit Punch	1 Bottle	30	8	0	0	Red 40
G2, Grape	1 Bottle	30	8	0	0	
G2, Orange	1 Bottle	35	8	0	0	
Gatorade Zero/Glacier Freeze	1 Bottle	5	2	0	0	Blue 1
Gatorade Zero/Cherry	1 Bottle	10	1	0	0	
Ice, Iced Tea	1 Bottle	0	0	0	0	Red 40
Ice, Kiwi Strawberry	1 Bottle	0	0	0	0	9
Ice, Lemonade	1 Bottle	0	0	0	0	
Ice, Orange Mango	1 Bottle	0	0	0	0	
Ice, Raspberry	1 Bottle	0	0	0	0	
Ice can, Black Raspberry	1 Bottle	0	0	0	0	
Ice can, Blue Raspberry	1 Bottle	0	0	0	0	
Ice can, Strawberry Citrus	1 Bottle	0	0	0	0	
Ice can, Triple Citrus	1 Bottle	0	0	0	0	
Juice/Apple	1 Unit(s)	60	14	0	0	
Juice/Fruit	1 Unit(s)	60	14	0	0	
Juice/Grape	1 Unit(s)	80	21	1	0	
Juice/Orange	1 Unit(s)	60	13	1	0	
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
Propel, Berry	1 Bottle	0	0	0	0	
Propel, Strawberry	1 Bottle	0	0	0	0	
Snapple, Green Apple	1 Bottle	170	41	0	0	
<b>Snacks</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	45	5	8	Milk, Eggs, Wheat, Soy
Cereal/Cinnamon Toast Crunch	1 Bowl	110	22	1	3	Wheat, Soy
Cereal/Frosted Flakes	1 Bowl	100	24	2	0	Wheat
Cereal/Fruit Loops	1 Bowl	110	24	2	1	Wheat, Soy
Cereal/Lucky Charms	1 Bowl	110	23	2	1	Wheat, Soy, Yellow 5 & 6, Red 40, Blue 1
Cheese/String	1 Stick	80	2	6	6	Milk
Cookie/Brownie	1 Cookie	160	26	2	5	Milk, Eggs, Wheat, Soy
Cookie/Carnival	1 Cookie	170	27	2	6	Milk, Eggs, Wheat, Soy, Blue 1 & 2
Cookie/Chocolate Chip	1 Cookie	120	17	1	5	Milk, Eggs, Wheat, Soy
Cookie/Sugar	1 Cookie	120	17	1	5	Milk, Eggs, 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

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Fruit Snacks/Motts Berry	1 Pouch	130	38	0	0	
Muffin Blueberry 2oz	1 Muffin	190	30	3	6	Eggs, Wheat, Soy
Muffin Chocolate Chocolate Chip 2oz	1 Muffin	190	33	3	6	Milk, Eggs, Wheat, Soy
Muffin Chocolate Chip 2oz	1 Muffin	190	33	3	6	Milk, Eggs, Wheat, Soy
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
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, Red 40, Yellow 6, Blue 1, Gelatin
Rice Krispie Treat	1 Bar	160	30	2	4	Milk, Soy, Gelatin
Rice Krispie Treat Chocolatey Chip	1 Bar	190	34	2	5	Milk, Soy, Gelatin
<b>Chips/Snacks</b>						
Baked BBQ Chips	1 Bag	110	19	2	3	Milk, Soy
Cheetos, Baked Crunchy	1 Bag	120	16	2	5	Milk, Yellow 6
Cheetos, Flamin' Hot	1 Bag	120	16	2	5	Milk, Yellow 5 & 6, Red 40
Cheetos, Puffs	1 Bag	90	13	2	4	Milk, Yellow 6
Doritos, Cool Ranch	1 Bag	130	20	2	5	Milk, Red 40, Blue 1, Yellow 5
Doritos/Flamas	1 Bag	130	20	2	5	Milk, Yellow 6, Red 40
Doritos, Nacho	1 Bag	130	20	2	5	Milk, Yellow 5 & 6, Red 40
Doritos, Spicy Sweet Chili	1 Bag	130	20	2	5	Wheat, Soy
Heartzels	1 Bag	80	16	2	1	Wheat
Popcorn, White Cheddar	1 Bag	70	9	2	3	Milk
Ruffles, Cheddar	1 Bag	100	17	1	3	Milk, Soy, Yellow 5 & 6
Doritos, Nacho Walking	1 Bag	100	28	3	7	Milk, Yellow 5 & 6, Red 40

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2023-2024**

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