## BSD Nutrition Services K-12 2021-22 Menu Allergen List

The list below denotes known allergens contained in the entrees Nutrition Services serves.

## Breakfast Menu

| Menu Item |  | GLUTEN | $\overline{B I}$ |  | $8$ |  | PORK | $\because$ <br> FISH |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Bagel w/ Cream Cheese | X | X | X |  | X |  |  |  |
| Benefit Bar |  |  |  |  |  |  |  |  |
| Banana Chocolate Chunk | X | X | X | X | X |  |  |  |
| Oatmeal Chocolate Chip | X | X | X | X | X |  |  |  |
| Breakfast Bread |  |  |  |  |  |  |  |  |
| Banana | X | X | X | X | X |  |  |  |
| Blueberry | X | X | X | X | X |  |  |  |
| Breakfast Flatbread |  | X | X |  | X |  |  |  |
| Cereal |  |  |  |  |  |  |  |  |
| Chex Rice Cereal | X |  |  |  |  |  |  |  |
| Cinnamon Toast Crunch | X | X |  |  | X |  |  |  |
| Honey Scooters | X | X |  |  |  |  |  |  |
| Cinnamon Roll | X | X | X | X | X |  |  |  |
| French Toast Sticks | X | X |  | X |  |  |  |  |
| Mini Pancakes | X | X | X | X | X |  |  |  |
| Pancake Wrap |  | X |  | X | X |  |  |  |
| Peanut Butter \& Jelly Sandwich | X | X |  |  |  | X |  |  |

## Lunch Menu

| Menu Item |  |  |  | EGG | $\mathrm{S}_{0}$ |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Bowl, Bento |  |  |  |  |  |  |  |  |
| Beef Teriyaki |  | X |  |  | X |  |  |  |
| Chicken Teriyaki |  | X |  |  | X |  |  |  |
| General Tso's Chicken |  | X |  |  | X |  |  |  |
| Orange Chicken |  | X |  |  | X |  |  |  |
| Sweet \& Sour Chicken |  | X |  |  | X |  |  |  |
| Bowl, Miscellaneous |  |  |  |  |  |  |  |  |
| Buffalo Chicken Tater Bowl |  | X | X | X | X |  |  |  |
| Buffalo Layered Chicken Bowl |  | X | X | X | X |  |  |  |
| Crispy Chicken Layered Bowl |  | X | X | X | X |  |  |  |
| Country Steak, Mashed Pot. \& Gravy |  | X | X | X | X |  |  |  |
| Burritos |  |  |  |  |  |  |  |  |
| Bean \& Cheese | X | X | X |  |  |  |  |  |
| Beef \& Cheese |  | X | X |  |  |  |  |  |
| Chicken \& Cheese |  | X | X |  |  |  |  |  |
| Cheese Stuffed Breadsticks | X | X | X | X | X |  |  |  |
| Chicken |  |  |  |  |  |  |  |  |
| Drumsticks |  | X |  |  |  |  |  |  |
| Nuggets |  | X |  |  | X |  |  |  |
| Tenders (Crispy \& Buffalo) |  | X |  |  | X |  |  |  |
| Chicken \& Waffles |  | X | X | X | X |  |  |  |
| Corn Dog |  | X | X | X | X |  |  |  |
| Fish Sticks |  | X |  |  |  |  |  | X |
| Garlic Toast | X | X | X | X | X |  |  |  |
| Hot Dog |  | X |  |  |  |  |  |  |
| Nachos |  |  |  |  |  |  |  |  |
| Bean \& Cheese | X |  | X |  | X |  |  |  |
| Beef \& Cheese |  |  | X |  | X |  |  |  |
| Chicken \& Cheese |  |  | X |  | X |  |  |  |


| Menu Item |  |  | $\overline{B y}$ |  | $8$ | C: | PORK | - ${ }_{\text {FISH }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Pasta |  |  |  |  |  |  |  |  |
| Broccoli Alfredo | X | X | X |  |  |  |  |  |
| Chicken Alfredo |  | X | X |  |  |  |  |  |
| Lasagna Roll Ups | X | X | X | X |  |  |  |  |
| Macaroni \& Cheese | X | X | X | X |  |  |  |  |
| Pasta with Meat Sauce |  | X |  |  |  |  |  |  |
| Pizza |  |  |  |  |  |  |  |  |
| Cheese | X | X | X |  | X |  |  |  |
| Pepperoni |  | X | X |  | X |  | X |  |
| Cheese Rippers | X | X | X | X | X |  |  |  |
| Pepperoni Rippers |  | X | X | X | X |  |  |  |
| Salad |  |  |  |  |  |  |  |  |
| Buffalo Chicken |  | X | X |  | X |  |  |  |
| Chicken Caesar |  | X | X |  | X |  |  |  |
| Crispy Chicken |  | X | X |  | X |  |  |  |
| Vegetarian | X | X | X |  | X |  |  |  |
| Sandwich, Hot |  |  |  |  |  |  |  |  |
| Buffalo Crispy Chicken |  | X |  |  | X |  |  |  |
| Crispy Chicken |  | X |  |  | X |  |  |  |
| Hamburger |  | X |  |  |  |  |  |  |
| Cheeseburger |  | X | X |  |  |  |  |  |
| Rib B Que |  | X | X |  | X |  |  |  |
| Toasted Cheese | X | X | X |  |  |  |  |  |
| Sandwich, Deli |  |  |  |  |  |  |  |  |
| Cheese | X | X | X |  |  |  |  |  |
| Turkey \& Cheese |  | X | X |  |  |  |  |  |
| Seasoned Turkey \& Cheese |  | X | X |  |  |  |  |  |
| Sandwich, Peanut Butter \& Jelly | X | X |  |  |  | X |  |  |


| Menu Item |  | GLUTEN |  |  | 80 SOY | EO $\%$ PEANUT |  | - ${ }_{\text {FISH }}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Tacos |  |  |  |  |  |  |  |  |
| Bean | X | X | X |  |  |  |  |  |
| Beef |  | X | X |  |  |  |  |  |
| Chicken |  | X | X |  | X |  |  |  |
| Fish |  | X |  |  | X |  |  | X |
| Tater Tots | X |  |  |  | X |  |  |  |
| Yogurt with Granola | X |  | X |  |  |  |  |  |

None of the items listed above contain tree nuts or shellfish allergens.

