










# BSD Nutrition Services K-12

## 2024-25 Menu Allergen List












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










### Breakfast Menu

Menu Item	 VEGETARIAN	 GLUTEN	 DAIRY	 EGG	 SOY	 PEANUT	 PORK	 FISH	 SESAME
Bagel w/ Cream Cheese	X	X	X		X				
Benefit Bar									
<i>Banana Chocolate Chunk</i>	X	X	X	X	X				
<i>Oatmeal Chocolate Chip</i>	X	X	X	X	X				
Breakfast Bread									
<i>Banana</i>	X	X	X	X	X				
<i>Blueberry</i>	X	X	X	X	X				
<i>Lemon</i>	X	X	X	X	X				
Breakfast Sausage Bites		X	X		X				
Breakfast Burrito		X	X	X	X				
Cereal									
<i>Chex Rice Cereal</i>	X								
<i>Cinnamon Toast Crunch</i>	X	X			X				
<i>Honey Cheerios</i>	X								
<i>Granola</i>	X								
Cinnamon Roll	X	X	X	X	X				
English Muffin with Peanut Butter & Jelly	X	X	X			X			
English Muffin with Avocado	X	X			X				
Mini Pancakes/Waffles	X	X	X	X	X				
Pancake Wrap		X		X	X				










# Lunch Menu

Menu Item	 VEGETARIAN	 GLUTEN	 DAIRY	 EGG	 SOY	 PEANUT	 PORK	 FISH	 SESAME
<b>Bowl, Bento with</b>									
<i>Beef Bites (Teriyaki)</i>		X			X				X
<i>Chicken Katsu</i>		X			X				X
<i>Coconut Curry Chicken</i>					X				
<i>Huli Huli Teriyaki Chicken</i>		X			X				X
<i>General Tso's Chicken</i>		X			X				
<i>Orange Chicken</i>		X			X				X
<b>Bowl, Burrito/Taco</b>									
<i>Bean &amp; Cheese</i>	X		X						
<i>Beef &amp; Cheese</i>		X	X						
<i>Chicken &amp; Cheese</i>			X						
<b>Bowl, Miscellaneous</b>									
<i>Buffalo Chicken Tater Bowl</i>		X	X	X	X				
<i>Buffalo Layered Chicken Bowl</i>		X	X	X	X				
<i>Crispy Chicken Layered Bowl</i>		X	X	X	X				
<i>Crispy Chicken Tater Bowl</i>		X	X	X	X				
<i>Chicken Masala</i>									
<i>Chickpea Chana Masala</i>	X								
<b>Bread</b>									
<i>Dinner Roll</i>	X	X							
<i>Garlic Bread</i>	X	X	X	X	X				
Burrito, Los Cabos Bean & Cheese Burrito	X	X	X		X				
Cheese Stuffed Breadsticks	X	X	X	X	X				
<b>Chicken</b>									
<i>Nuggets</i>		X			X				
<i>Tenders (Crispy &amp; Buffalo)</i>		X			X				
Corn Dog		X	X	X	X				
Fish Sticks		X						X	
Hot Dog		X							
Hummus Cup with Chips & Cheese (ES)	X		X						X
Hummus [NS Made] Plate (MS/OPT/HS)	X	X	X						X

## Lunch Menu (cont.)

Menu Item	 VEGETARIAN	 GLUTEN	 DAIRY	 EGG	 SOY	 PEANUT	 PORK	 FISH	 SESAME
<b>Nachos</b>									
<i>Bean &amp; Cheese</i>	X		X						
<i>Beef &amp; Cheese</i>			X						
<i>Chicken &amp; Cheese</i>			X						
<b>Pasta</b>									
<i>Broccoli Alfredo</i>	X	X	X						
<i>Chicken Alfredo</i>		X	X						
<i>Chicken Parmesan Pasta Bowl</i>		X	X		X				
<i>Macaroni &amp; Cheese</i>	X	X	X	X	X				
<i>Pasta with Meatballs</i>		X	X		X				
<b>Pizza</b>									
<i>BBQ Chicken</i>		X	X		X				
<i>Cheese</i>	X	X	X		X				
<i>Pepperoni</i>		X	X		X		X		
<i>Pepperoni &amp; Pineapple</i>		X	X		X		X		
<i>Veggie</i>	X	X	X		X				
<i>Pupusa, Bean &amp; Cheese</i>	X		X						
<b>Quesadilla</b>									
<i>Cheese</i>	X	X	X						
<i>Chicken</i>		X	X						
<b>Salad</b>									
<i>Buffalo Chicken</i>		X	X		X				X
<i>Chicken Caesar</i>		X	X	X	X				X
<i>Crispy Chicken</i>		X	X		X				X
<i>Vegetarian</i>	X	X	X		X				X
<b>Sandwich, Deli</b>									
<i>Cheese</i>	X	X	X						
<i>Turkey &amp; Cheese</i>		X	X						
<b>Sandwich, Hot</b>									
<i>Buffalo Crispy Chicken</i>		X			X				
<i>Crispy Chicken</i>		X			X				

## Lunch Menu (cont.)

Menu Item	 VEGETARIAN	 GLUTEN	 DAIRY	 EGG	 SOY	 PEANUT	 PORK	 FISH	 SESAME
Sandwich, Hot (cont.)									
<i>Hamburger</i>		X							
<i>Cheeseburger</i>		X	X						
<i>Vegan Burger</i>	X	X			X				
<i>Beef Philly Sandwich</i>		X	X						
Sandwich, Peanut Butter & Jelly	X	X				X			
Tacos									
<i>Bean</i>	X	X	X						
<i>Beef</i>		X	X						
Tamale, Cheese & Green Chile	X		X						X
Three Bean Chili with Chips & Cheese	X		X						
Vegetable Sides									
<i>Kyoto Blend</i>	X				X				
<i>Roasted Broccoli</i>	X								
<i>Sidewinder Potatoes</i>	X								
Yogurt with Granola	X		X						

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

*Producers may change product formulations without notice. The above items are accurate and true to the best of our knowledge based on the list print date.*