BSD Nutrition Services K-12
2026-27 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 (Plain or Blueberry) w/ Cream Cheese	X	X	X		X				
Beef Sausage, Egg & Cheese Wrap (Halal)		X	X	X	X				
Breakfast Bagel Pizza	X	X	X						
Breakfast Bar									
Berry Apple Crisp	X	X			X				
Blueberry Lemon	X	X			X				
Cinnamon Crisp	X	X			X				
Cereal									
Chex Rice Cereal	X								
Cinnamon Toast Crunch	X	X			X				
Honey Cheerios	X								
Chicken Biscuit		X			X				
Cinnamon Roll	X	X	X	X	X				
Croissant & Yogurt	X	X	X						
French Toast Sticks & Yogurt	X	X	X	X					X
Egg & Cheese Croissant Sandwich	X	X	X	X	X				
Pancake Puffs (Maple & Strawberry)	X	X	X	X	X				
Turkey Sausage Breakfast Biscuit Pocket		X	X	X	X				

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Lunch Menu

Menu Item	VEGETARIAN	GLUTEN	DAIRY	EGG	SOY	PEANUT	PORK	FISH	SESAME
Beef Mexican Pizza		X	X		X				
Bento Bowl									
Bulgogi Beef Bowl with Kimchi		X			X				X
Chicken Katsu		X			X				X
Dumplings, Chicken		X			X				X
Dumplings, Vegetarian	X	X			X				X
General Tso's Chicken with Fried Rice		X			X				
General Tso's Chicken with Umi Noodles		X			X				
General Tso's Tofu with Fried Rice	X	X			X				
Korean Chicken Bowl w/ Gochujang Sauce		X			X				
(Chicken w/) Lemongrass Sauce & Umi Noodles		X			X				
(Tofu w/) Lemongrass Sauce & Umi Noodles	X	X			X				
Orange Chicken with Brown Rice		X			X				X
Orange Chicken with Umi Yakisoba		X			X				X
Teriyaki Beef with Brown Rice		X			X				X
Teriyaki Beef with Fried Rice & Broccoli		X			X				X
Teriyaki Beef with Umi Noodles & Broccoli		X			X				X
Bowl, Burrito/Taco									
Beef & Cheese			X		X				
Chicken & Cheese			X		X				
Vegetarian (Bean & Cheese)	X		X		X				
Bowl, Miscellaneous									
Falafel Bowl with Waffle Fries & Flatbread	X	X	X		X				X
Falafel Rice Bowl (ES)	X		X		X				
Bread									
Dinner Roll	X	X							
Garlic Bread	X	X	X	X	X				
Burrito, Bean & Cheese (w/ no TVP)	X	X	X		X				
Cheese Stuffed Breadsticks	X	X	X	X	X				
Cheesy Garlic Bread	X	X	X		X				

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Lunch Menu (cont. 1)

Menu Item	VEGETARIAN	GLUTEN	DAIRY	EGG	SOY	PEANUT	PORK	FISH	SESAME
Chicken									
Nuggets		X			X				
Tenders (Crispy & Spicy)		X			X				
Popcorn Chicken (Crispy & Spicy)		X			X				
Wings/Bites		X							
Condiments									
BBQ Sauce (Vegan)– Felton's	X				X				
Dressing – Dragon Dressing/Sauce	X	X			X				
Dressing – Italian	X								
Dressing – Ranch	X		X	X	X				
Dressing Packet – Balsamic	X								
Dressing Packet – Caesar	X		X	X					
Dressing Packet – Chipotle Ranch	X		X	X					
Tartar Sauce	X			X					
Tzatziki	X		X						
Corn Dog (Chicken)		X	X	X	X				
French Toast with Chicken Bites		X		X					X
Hot Dog (Turkey)									
Hummus Cup (PDX) with Crackers & Cheese (ES)	X	X	X		X				X
Hummus Cup (PDX) with Chips & Cheese (ES)	X		X						X
Kielbasa (Turkey)		X							
Nachos									
Bean & Cheese	X		X						
Beef & Cheese			X						
Chicken & Cheese			X						
Pasta									
Cheesy Chicken Pesto Pasta		X	X	X	X				
Cheesy Pesto Pasta	X	X	X	X	X				
Chicken Parmesan Pasta Bowl		X	X		X				
Lasagna Roll Up	X	X	X						
Macaroni & Cheese	X	X	X	X					

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Lunch Menu (cont. 2)

Menu Item	VEGETARIAN	GLUTEN	DAIRY	EGG	SOY	PEANUT	PORK	FISH	SESAME
Pizza, Big Daddy's (ES/MS)									
BBQ Chicken		X	X		X				
Cheese	X	X	X		X				
Beef Pepperoni		X	X		X				
Beef Pepperoni & Pineapple		X	X		X				
Veggie	X	X	X		X				
Pizza, Road Runner's (HS/Merlo)									
BBQ Chicken		X	X		X				
Cheese	X	X	X		X				
Beef Pepperoni		X	X		X				
Beef Pepperoni & Pineapple		X	X		X				
Veggie	X	X	X		X				
Quesadilla									
Cheese	X	X	X		X				
Chicken & Cheese		X	X		X				
Salad									
Chicken Caesar		X	X	X	X				X
Crispy Asian Chicken		X			X				
Falafel Flatbread	X	X	X		X				X
Hummus Plate with Flatbread	X	X	X		X				X
Spicy Southwest Chicken		X	X	X	X				
Vegetarian	X	X	X		X				X
Sandwich, Deli/Cold									
Cheese	X	X	X						
Turkey & Cheese		X	X						
Peanut Butter & Jelly	X	X				X			
Sandwich, Hot									
Beef Banh Mi		X		X	X				X
Beef Tillamook Cheeseburger		X	X						
Beef Gyro		X	X		X				X
Beef Hamburger		X							
Crispy Chicken		X			X				
(Spicy) Crispy Chicken		X			X				

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Lunch Menu (cont. 3)

Menu Item	VEGETARIAN	GLUTEN	DAIRY	EGG	SOY	PEANUT	PORK	FISH	SESAME
Sandwich, Hot (continued)									
Fish Sandwich		X		X				X	
Toasted (Grilled) Cheese	X	X	X		X				
Vegan Impossible Burger	X	X			X				
Sides & Misc.									
Mozzarella String Cheese	X		X						
Waffle Fries	X								
Whole Wheat Crackers	X	X			X				
Tacos									
Bean & Cheese	X	X	X						
Beef & Cheese		X	X						
Tamale, Cheese & Green Chile	X		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.