

## Allergen BPS K-8

Menu Item	Egg	Milk	Soy	Wheat	Peanuts	Tree nuts	Fish	Crustacean Shellfish
<b>Cold Breakfast</b>								
Welcome Back Breakfast: Cheerios and Educational Crackers	✓	✓		✓				
Welcome Back Pack: Corn Chex and Educational Crackers (BPS_SFUSD)	✓	✓		✓				
<b>Hot Breakfast</b>								
Bagel Cinnamon Toast (BPS)			✓	✓				
Southwest Chicken Chorizo & Cheese Bagel		✓		✓				
Classic Chicken Sausage & Cheddar Bagel		✓		✓				
Bagel Sandwich with Egg and Cheese (BPS K-8)	✓	✓		✓				
Buenos Dias Breakfast Burrito	✓	✓	✓	✓				
Rise & Shine Breakfast Burrito	✓	✓	✓	✓				
Burrito Egg Potato Green Chile Cheese (6-8)	✓	✓	✓	✓				
Enchilada Scramble with Scoops (6-8)	✓	✓	✓					
Southwest Chicken Chorizo & Cheese Brekwich		✓		✓				
Classic Chicken Sausage & Cheddar Brekwich		✓		✓				
Classic Egg & Cheese Brekwich	✓	✓		✓				
English Muffin Turkey & Cheese Brekwich (6-8)		✓		✓				
Turkey, Egg & Cheese Brekwich	✓	✓		✓				
French Toast, Maple Turkey Sausage & Egg Combo	✓	✓	✓	✓				
French Toast Sticks	✓	✓	✓	✓				
Cheddar Cheese & Omelet Gordita	✓	✓		✓				
Chicken Sausage & Omelet Gordita	✓	✓		✓				
Pepper Jack Cheese & Omelet Gordita	✓	✓		✓				
Turkey, Cheddar Cheese & Omelet Gordita	✓	✓		✓				
Turkey, Pepper Jack Cheese & Omelet Gordita	✓	✓		✓				
Classic Cheese Omelet	✓	✓		✓				
Mini Cheesy Omelet & French Toast Stick	✓	✓	✓	✓				
Egg, Cheese & Green Chile Panada Pie	✓	✓		✓				
Panada Pie with Egg, Cheese	✓	✓	✓	✓				
Pancake Bowl Peach	✓	✓	✓	✓				
Buttermilk Pancakes (6-8)	✓	✓	✓	✓				
Egg, Cheese & Chicken Sausage Quesadilla	✓	✓	✓	✓				
Ranchero Scoops (6-8)	✓	✓	✓					
<b>Unitized Breakfast</b>								
Bagel Blueberry Burst		✓		✓				
Bagel Cinnamon Raisin (K-12)		✓	✓	✓				
Bagel Mini with Egg and Jam (UB)	✓			✓				
Plain Bagel & Cream Cheese		✓		✓				
Bagel with Turkey and Cream Cheese		✓		✓				
Bagel Sandwich with Cheese		✓		✓				
Zee Zees Berry Apple Crisp Bar				✓				
Bar Zee Zees Cinnamon Crisp (BPS K-12)				✓				

Menu Item	Egg	Milk	Soy	Wheat	Peanuts	Tree nuts	Fish	Crustacean Shellfish
Cheerios Cereal & String Cheese		✓						
Cereal Multigrain Cheerios & Educational Snacks (UB)	✓	✓		✓				
Cereal Multigrain Cheerios & Giant Cinnamon Graham Goldfish (UB)			✓	✓				
Cereal Multigrain Cheerios with String Cheese		✓						
Cereal Chex Cinnamon & Educational Snacks (UB)	✓	✓		✓				
Cereal Chex Corn & Educational Snacks (UB)	✓	✓		✓				
Cereal Chex Corn & Cinnamon Grahams			✓	✓				
Corn Chex Cereal & String Cheese		✓						
Cereal Granola Apple Crisp (K-12)								
Cereal Granola Blueberry Crisp (K-12)								
Cereal Granola Vanilla Cinnamon Crisp (K-12)								
Egg and Roll-Egg in a Nest (BPS)	✓			✓				
English Muffin Turkey and Cheese Brekwich (UB 6-8)		✓		✓				
Cinnamon Grahams & Rumbles Breakfast	✓	✓		✓				
Cinnamon Graham Crackers & String Cheese	✓	✓		✓				
Honey Grahams & Cinnamon Rumbles	✓	✓		✓				
Apple Cinnamon Muffin	✓	✓		✓				
Autumn Spice Muffin	✓	✓		✓				
Banana Muffin	✓	✓		✓				
Blueberry Burst Muffin	✓	✓		✓				
Cinnamon Crumble	✓	✓		✓				
French Toast Muffin	✓	✓		✓				
Muffin French Toast & String Cheese (UB)	✓	✓		✓				
Muffin French Toast & Yogurt (UB K-12)	✓	✓		✓				
Lemon Muffin	✓	✓		✓				
Muffin Mini Lemon & String Cheese (UB)	✓	✓		✓				
Muffin Mini Apple Cinnamon & Hard Boiled Egg	✓	✓		✓				
Muffin French Toast & Egg (UB)	✓	✓		✓				
Muffin Mini Lemon & Yogurt (UB)	✓	✓		✓				
Yogurt & Educational Snacks (UB K-12)	✓	✓		✓				
Yogurt & Granola		✓						
Honey Grahams & Yogurt	✓	✓		✓				
Remy's Cinnamon Grahams & Yogurt	✓	✓		✓				