

Nutritionals Breakfast K-12

Menu Item	Egg	Milk	Soy	Wheat	Peanuts	Tree nuts	Fish	Crustacean Shellfish
Cold Breakfast								
Blueberry Burst Bagel		✓		✓				
Bagel Cinnamon Raisin (K-12)		✓	✓	✓				
Bagel Mini with Egg and Jam (K-12)	✓			✓				
Plain Bagel & Cream Cheese		✓		✓				
Bagel with Turkey & Cream Cheese		✓		✓				
Bagel Sandwich with Cheese		✓		✓				
Zee Zees Berry Apple Crisp Bar				✓				
Bar Zee Zees Cinnamon Crisp				✓				
Cereal Cheerios & Animal Crackers	✓		✓	✓				
Cereal Cheerios & ZeeZee Bar Cinnamon Crisp				✓				
Cereal Multigrain Cheerios & Educational Snacks	✓	✓		✓				
Cereal Multigrain Cheerios & Giant Cinnamon Graham Goldfish			✓	✓				
Cereal Cinnamon Chex & Educational Snacks	✓	✓		✓				
Cereal Corn Chex & Educational Snacks	✓	✓		✓				
Cereal Corn Chex & Giant Cinnamon Graham Goldfish			✓	✓				
Cereal Granola Apple Crisp (K-12)								
Cereal Granola Blueberry Crisp (K-12)								
Cereal Granola Vanilla Cinnamon Crisp (K-12)								
Egg Hard Boiled & Goldfish Crackers	✓	✓		✓				
English Muffin Turkey & Cheese Brekwich (K-5)		✓		✓				
Cinnamon Duo: Grahams & Rumbles	✓	✓		✓				
Cinnamon Graham Crackers & String Cheese	✓	✓		✓				
Apple Cinnamon Muffin	✓	✓		✓				
Autumn Spice Muffin	✓	✓		✓				
Banana Muffin	✓	✓		✓				
Blueberry Burst Muffin	✓	✓		✓				
Cinnamon Crumble	✓	✓		✓				
Muffin French Toast & String Cheese	✓	✓		✓				
Muffin French Toast & Yogurt	✓	✓		✓				
French Toast Muffin	✓	✓		✓				
Muffin Mini Lemon & Yogurt	✓	✓		✓				
Lemon Muffin	✓	✓		✓				
Muffin Mini Lemon & String Cheese	✓	✓		✓				
Muffin Mini Apple Cinnamon & Hard Boiled Egg	✓	✓		✓				
Muffin Mini French Toast & Hard Boiled Egg	✓	✓		✓				
Pancake Bowl Strawberry	✓	✓	✓	✓				
Strawberry Parfait with Granola		✓						
Yogurt & Educational Snacks	✓	✓		✓				
Remy's Cinnamon Grahams & Yogurt	✓	✓		✓				
Hot Breakfast								
Cinnamon Toast Bagel			✓	✓				
Southwest Chicken Chorizo & Cheese Bagel		✓		✓				
Classic Chicken Sausage & Cheddar Bagel		✓		✓				

Menu Item	Egg	Milk	Soy	Wheat	Peanuts	Tree nuts	Fish	Crustacean Shellfish
English Muffin Turkey and Cheese Brekwich (UB K-12)		✓		✓				
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	✓	✓		✓				