

This is a list of our most common K-5 Breakfast menu items and ingredients and their known allergens. Menu items are subject to change depending on season and availability. For more information, please contact us at (802) 864-8415 or schoolfood@bsdvt.org.

KEY: NO = Allergen Not Present YES = Allergen Present
? = Not Determined. Allergen may be present. Please call for details.

Menu Item	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
<i>Breakfast Round, Cinnamon</i>	YES	YES	NO	NO	NO	NO	YES	YES
<i>Cereal, Cheerios</i>	NO	NO	NO	NO	NO	NO	NO	YES
<i>Cereal, Kashi Honey Oat</i>	NO	NO	NO	NO	NO	NO	NO	YES
<i>Cereal, Kix</i>	NO	NO	NO	NO	NO	NO	NO	NO
<i>Cereal, Kix Berry-Berry</i>	NO	NO	NO	NO	NO	NO	NO	NO
<i>Cereal, Rice Chex GF</i>	NO	NO	NO	NO	NO	NO	NO	NO
<i>Cereal, Rice Krispies</i>	NO	NO	NO	NO	NO	NO	NO	NO
<i>Cereal, Variety for K5</i>	NO	NO	NO	NO	NO	NO	NO	?
<i>Cinnamon Grahams</i>	NO	NO	NO	NO	NO	NO	YES	YES
<i>Egg, Hard-Boiled</i>	NO	YES	NO	NO	NO	NO	NO	NO
<i>Fruit Bread; Assorted</i>	NO	YES	NO	NO	NO	NO	YES	YES
<i>Fruit, Fresh Assorted</i>	NO	NO	NO	NO	NO	NO	NO	NO
<i>Milk - Variety: Breakfast K5</i>	YES	NO	NO	NO	NO	NO	NO	NO
<i>Yogurt: 4oz</i>	YES	NO	NO	NO	NO	NO	NO	NO

NOTICE: The data contained within this report and the NUTRIKIDS« Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.