

This is a list of our most common 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  
N/D = Not Determined. Allergen may be present. Please call for details.

**NOTE on WHEAT/GLUTEN:** Meatballs, breaded chicken patties and breaded chicken nuggets contain gluten. Most sandwich/wrap menu items are gluten-free without the bread or wrap. School meals can be adapted to accommodate dietary restrictions.

| BEVERAGES                      |      |     |        |          |      |           |     |       |
|--------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| Description                    | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
| FRUIT JUICE, ASSORTED 100%     | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| MILK - Variety                 | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| MILK, 1% Chocolate             | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| MILK, 1% Lowfat                | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| MILK, Skim                     | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| BREADS/GRAINS                  |      |     |        |          |      |           |     |       |
| Description                    | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
| BROWN RICE PILAF               | NO   | NO  | NO     | NO       | NO   | NO        | N/D | NO    |
| CORNBREAD                      | YES  | YES | NO     | NO       | NO   | NO        | NO  | YES   |
| CORNBREAD STUFFING             | YES  | YES | NO     | NO       | NO   | NO        | N/D | YES   |
| CRACKERS                       | N/D  | N/D | NO     | NO       | NO   | NO        | NO  | YES   |
| CRACKERS, GRAHAM               | N/D  | N/D | NO     | NO       | NO   | NO        | N/D | YES   |
| FRIED RICE                     | NO   | YES | NO     | NO       | NO   | NO        | YES | YES   |
| ITALIAN BREAD                  | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| RICE, BROWN                    | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| SPANISH RICE                   | NO   | NO  | NO     | NO       | NO   | NO        | N/D | NO    |
| TAHINI NOODLE SALAD            | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| TOAST, WHOLE-WHEAT BREAD       | NO   | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| VEGGIE EGG ROLL                | N/D  | N/D | NO     | NO       | NO   | NO        | YES | YES   |
| WHITE BREAD                    | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| BREAKFAST                      |      |     |        |          |      |           |     |       |
| Description                    | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
| BREAKFAST BURRITO: Egg, Cheese | YES  | YES | NO     | N/D      | NO   | NO        | YES | YES   |
| BREAKFAST BURRITO: Tky Sausage | YES  | YES | NO     | N/D      | NO   | NO        | YES | YES   |
| CEREAL, VARIETY                | NO   | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| CINNAMON-OATMEAL COOKIE        | YES  | YES | NO     | N/D      | NO   | NO        | YES | YES   |
| EGG & CHEESE ENGLISH MUFFIN    | YES  | YES | NO     | NO       | NO   | NO        | N/D | YES   |
| FRENCH TOAST STICKS            | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| MUFFIN: Apple-Cinnamon         | YES  | YES | NO     | NO       | NO   | NO        | YES | YES   |
| MUFFIN: Blueberry              | YES  | YES | NO     | NO       | NO   | NO        | YES | YES   |
| OATMEAL                        | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| YOGURT: 4oz                    | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |

| CONDIMENTS & SAUCES        |      |     |        |          |      |           |     |       |
|----------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| Description                | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
| BARBECUE SAUCE             | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| BASIL PESTO: (nut-free)    | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| BROWN GRAVY                | N/D  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| CHEESE SAUCE               | YES  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| CREAM CHEESE               | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| ITALIAN SEASONING MIX      | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| KALE PESTO MARINARA        | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| KETCHUP: packet            | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| MAYONNAISE: packet         | NO   | N/D | NO     | NO       | NO   | NO        | YES | NO    |
| MEXICAN SEASONING MIX      | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| RELISH: packet             | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| SALAD DRESSINGS, Assorted  | N/D  | N/D | N/D    | N/D      | N/D  | N/D       | N/D | N/D   |
| SUGAR PACKET               | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| SWEET & SOUR SAUCE: Minh's | NO   | NO  | NO     | NO       | YES  | NO        | YES | YES   |
| SYRUP,PANCAKE              | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| TARTAR SAUCE               | NO   | YES | NO     | NO       | NO   | NO        | N/D | NO    |
| TERIYAKI SAUCE             | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| TOMATO SAUCE (MEATLESS)    | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| WHITE SAUCE                | YES  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |

## DESSERTS

| Description     | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-----------------|------|-----|--------|----------|------|-----------|-----|-------|
| APPLE COBBLER   | NO   | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| APPLE CRISP     | N/D  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| APPLESAUCE CAKE | YES  | YES | NO     | NO       | NO   | NO        | NO  | YES   |
| CARROT CAKE     | YES  | YES | NO     | NO       | NO   | NO        | YES | N/D   |
| OATMEAL COOKIES | NO   | YES | NO     | NO       | NO   | NO        | N/D | YES   |
| PEACH COBBLER   | NO   | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| WHIPPED TOPPING | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |

## ENTRÉES

| Description                 | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-----------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| BARBECUE CHICKEN SANDWICH   | NO   | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| BARBECUED CHICKEN           | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| BEAN BURRITO                | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| BEAN TACO                   | YES  | NO  | NO     | NO       | NO   | NO        | NO  | N/D   |
| BEEF & BEAN TAMALE PIE      | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| BEEF BURRITO                | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| BEEF TACO                   | YES  | NO  | NO     | NO       | NO   | NO        | NO  | N/D   |
| BEEF TACO PIE               | YES  | NO  | NO     | NO       | NO   | NO        | N/D | N/D   |
| BEEF TAMALE PIE             | YES  | YES | NO     | NO       | NO   | NO        | NO  | YES   |
| BUFFALO CHICKEN WRAP        | NO   | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| CHEESEBURGER ON A BUN       | YES  | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| CHEESY BAKED ZITI           | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| CHICKEN & BISCUITS          | YES  | YES | NO     | NO       | NO   | NO        | NO  | YES   |
| CHICKEN A LA KING           | YES  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| CHICKEN CURRY WITH VEGETABL | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |

| Description                   | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| CHICKEN FAJITAS               | NO   | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| CHICKEN LO MEIN               | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| CHICKEN NUGGETS               | NO   | YES | NO     | NO       | NO   | NO        | YES | N/D   |
| CHICKEN PARMESAN SANDWICH     | YES  | YES | NO     | NO       | NO   | NO        | YES | YES   |
| CHICKEN PATTY SANDWICH        | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| CHICKEN STIR-FRY              | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| CHICKEN TACO                  | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| CHICKEN TAMALES               | NO   | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| CHILI CON CARNE W/ BEANS      | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| EGG, HARD-BOILED              | NO   | YES | NO     | NO       | NO   | NO        | NO  | NO    |
| GENERAL TSO'S CHICKEN         | NO   | YES | NO     | NO       | NO   | NO        | YES | YES   |
| GROUND BEEF AND SPANISH RICE  | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| HAMBURGER ON A BUN            | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| HOT DOG (all-beef) ON A BUN   | NO   | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| LASAGNA WITH GROUND BEEF      | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| LENTIL SOUP                   | NO   | NO  | NO     | NO       | NO   | NO        | YES | NO    |
| MACARONI AND CHEESE (SF Ched) | YES  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| MACARONI AND CHEESE(NEW)      | YES  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| MACARONI SALAD                | NO   | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| MEAT LOAF                     | N/D  | YES | NO     | NO       | NO   | NO        | N/D | N/D   |
| MEATBALL SUB                  | N/D  | YES | NO     | NO       | NO   | NO        | YES | YES   |
| NACHOS WITH GROUND BEEF       | YES  | NO  | NO     | NO       | NO   | NO        | NO  | N/D   |
| PIZZA: Whole Grain Cheese     | YES  | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| ROASTED CHICKEN               | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| SCRAMBLED EGGS                | NO   | YES | NO     | NO       | NO   | NO        | NO  | NO    |
| SESAME CHICKEN & NOODLES      | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| SHEPARD'S PIE                 | NO   | NO  | NO     | NO       | NO   | NO        | N/D | NO    |
| SPAGHETTI & MEATBALLS         | NO   | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| SPAGHETTI AND MEAT SAUCE      | NO   | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| SWEET & SOUR CHICKEN          | NO   | NO  | NO     | NO       | YES  | NO        | YES | NO    |
| SWEET & SOUR MEATBALLS        | NO   | YES | NO     | NO       | YES  | NO        | YES | YES   |
| TERIYAKI CHICKEN              | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| TUNA AND NOODLES              | NO   | YES | NO     | NO       | YES  | NO        | N/D | YES   |
| TURKEY AND DRESSING SUPREME   | NO   | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| VEGETABLE LASAGNA             | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| VEGETABLE WRAPS               | YES  | NO  | NO     | NO       | NO   | NO        | N/D | N/D   |
| VEGETARIAN CHILI              | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |

## SALADS

| Description                | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|----------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| APPLE/CARROT/RAISIN/SALAD  | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| BROCCOLI SALAD             | NO   | N/D | NO     | NO       | NO   | NO        | N/D | NO    |
| CAESAR SALAD               | YES  | N/D | NO     | NO       | N/D  | NO        | NO  | NO    |
| CARROT-RAISIN SALAD        | YES  | NO  | NO     | NO       | NO   | NO        | N/D | NO    |
| CHERRY TOMATO & CORN SALAD | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| CHICKEN SALAD              | NO   | NO  | NO     | NO       | NO   | NO        | YES | NO    |
| CONFETTI CORN SALAD        | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |

| Description                 | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-----------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| CREAMY COLE SLAW            | NO   | YES | NO     | NO       | NO   | NO        | N/D | NO    |
| HUMMUS: nut-free            | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| ITALIAN DRESSING(NEW)       | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| MARINATED BLACK BEAN SALAD  | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| PASTA SALAD                 | NO   | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| POTATO SALAD                | NO   | NO  | NO     | NO       | NO   | NO        | N/D | NO    |
| RANCH DRESSING              | YES  | N/D | NO     | NO       | NO   | NO        | YES | NO    |
| SALAD BAR                   | YES  | N/D | N/D    | N/D      | N/D  | N/D       | N/D | N/D   |
| SALAD, TOSSED (no dressing) | NO   | NO  | NO     | NO       | NO   | NO        | YES | NO    |
| THOUSAND ISLAND DRESSING    | NO   | N/D | NO     | NO       | NO   | NO        | N/D | NO    |
| THREE BEAN SALAD            | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |

## SANDWICHES

| Description                | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|----------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| CHICKEN WRAP               | NO   | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| EGG SALAD SANDWICH         | N/D  | YES | NO     | NO       | NO   | NO        | YES | YES   |
| HAM & CHEESE SANDWICH      | YES  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| PEANUT BUTTER & JELLY      | NO   | NO  | YES    | NO       | NO   | NO        | NO  | YES   |
| SLOPPY JOE ON A ROLL       | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| TOASTED CHEESE SANDWICH: W | YES  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| TUNA MELT                  | YES  | NO  | NO     | NO       | YES  | NO        | N/D | YES   |
| TUNA SALAD SANDWICH        | NO   | N/D | NO     | NO       | YES  | NO        | N/D | YES   |
| TURKEY W/CHEESE SANDWICH   | YES  | NO  | NO     | NO       | NO   | NO        | YES | YES   |

## SNACKS

| Description       | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-------------------|------|-----|--------|----------|------|-----------|-----|-------|
| GOLDFISH CRACKERS | YES  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| OATMEAL SNACK BAR | NO   | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| STRING CHEESE     | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |

## SOUPS

| Description           | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-----------------------|------|-----|--------|----------|------|-----------|-----|-------|
| BEAN SOUP             | NO   | NO  | NO     | NO       | NO   | NO        | YES | NO    |
| BEEF VEGETABLE SOUP   | NO   | NO  | NO     | NO       | NO   | NO        | YES | NO    |
| CHICKEN NOODLE SOUP   | NO   | YES | NO     | NO       | NO   | NO        | YES | YES   |
| CHICKEN RICE SOUP     | NO   | NO  | NO     | NO       | NO   | NO        | YES | NO    |
| CORN CHOWDER          | YES  | NO  | NO     | NO       | NO   | NO        | N/D | NO    |
| MINISTRONE            | NO   | NO  | NO     | NO       | NO   | NO        | YES | YES   |
| THICK VEGETABLE SOUP  | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| VEGETABLE NOODLE SOUP | NO   | YES | NO     | NO       | NO   | NO        | YES | NO    |
| VEGETABLE SOUP        | NO   | NO  | NO     | NO       | NO   | NO        | YES | NO    |

## VEGETABLES

| Description                 | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-----------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| APPLE-GINGER SLAW           | NO   | YES | NO     | NO       | NO   | NO        | NO  | NO    |
| ASIAN CABBAGE SLAW          | NO   | NO  | NO     | NO       | NO   | NO        | YES | NO    |
| BAKED BEANS (VEGETARIAN)    | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| BAKED SWEET POTATOES & APPL | NO   | NO  | NO     | NO       | NO   | NO        | N/D | NO    |
| BEETS                       | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| BROCCOLI & CARROTS          | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |

| Description                 | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|-----------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| BROCCOLI: sesame rstd       | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| CABBAGE: boiled             | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| CARROTS: glazed, rstd       | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| CAULIFLOWER: roasted        | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| CHEESY ZUCCHINI BAKE        | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| CREAMED CORN                | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| FRENCH FRIES: oven baked    | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| GARLICK KALE & ZUCCHINI     | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| GARLICKY GREENS: kale       | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| HERBED BROCCOLI & CAULIFLOW | YES  | NO  | NO     | NO       | NO   | NO        | N/D | NO    |
| HONEY GLAZED CARROTS        | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| KALE PESTO                  | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| LETTUCE & TOMATO            | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| MASHED POTATOES             | YES  | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| MEXICAN SUCCOTASH           | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| POTATOES AU GRATIN          | YES  | NO  | NO     | NO       | NO   | NO        | NO  | YES   |
| RATATOUILLE                 | NO   | NO  | NO     | NO       | NO   | NO        | NO  | N/D   |
| REFRIED BEANS               | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| ROASTED ROOTS               | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| SAUERKRAUT                  | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| SCALLOPED POTATOES:(FRESH)  | YES  | NO  | NO     | NO       | NO   | NO        | N/D | YES   |
| SESAME CARROTS              | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| SQUASH,WINTER: baked        | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| SWEET POTATO & BLACK BEANS  | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| SWEET POTATO HUMMUS         | NO   | NO  | NO     | NO       | NO   | NO        | YES | NO    |
| SWEET POTATO, BAKED         | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |
| ZUCCHINI: rstd, seasoned    | NO   | NO  | NO     | NO       | NO   | NO        | NO  | NO    |