

Allergens and Carbohydrate Counts | Elementary and Middle School Lunch

PPS Nutrition Services provides menu information with carbohydrate counts and the following major allergens which are required by federal labeling laws: *milk, eggs, fish, tree nuts, peanuts, wheat/gluten, soybeans, and sesame*. Our department also labels items containing corn or corn additives. This menu information will allow users to better understand the nutritional content of the foods available. The information is correct to the best of our knowledge, and is provided from manufacturers' labels and PPS Nutrition Services recipes. Manufacturers and distributors may change ingredients or substitute products without warning. It is not the intent of Nutrition Services to provide specific nutrition information for medical use. If your child has a medical dietary need, please contact us by phone 503-916-3399 or email nutritionservices@pps.net.

Menu Item	Allergens	Carbohydrate Count
BBQ Pork	Pork - Corn and Gluten Hamburger Bun - Gluten and Wheat	Pork (1/2 cup) - 14.5g Hamburger Bun - 29g
Bean and Cheese Burrito	Tortilla - Corn, Gluten and Wheat Beans - Corn Cheese - Milk	Tortilla - 29g Beans (1/2 cup) - 24g Cheese (1/2 cup) - 2g
Bean and Cheese Nachos	Beans - Corn Cheese - Milk Tortilla Chips - Corn	Beans (1/2 cup) - 24g Tortilla Chips (13 each) - 11g Shredded Cheese (1/2 cup) - 2g
Beef, Bean and Cheese Burrito	Tortilla - Corn, Gluten and Wheat Taco Beef - None Beans - Corn Cheese - Milk	Tortilla - 29g Taco Beef (1/4 cup) - 1g Beans (1/2 cup) - 24g Cheese (1/4 cup) - 1g
Cheese Sandwich	Bread - Corn, Gluten, Soy and Wheat Cheese - Milk	Bread (2 slices) - 28g Cheese (3 slices) - 1g
Cheeseburger or Hamburger	Beef Patty - None Cheese - Milk Hamburger Bun - Gluten and Wheat	Beef Patty - 1g Cheese (1 slice) - 0g Hamburger Bun - 29g
Chicken and Vegetable Dumplings	Corn, Gluten, Sesame, Soy and Wheat	Dumplings (6 each) - 31g
Chicken Filet Sandwich	Chicken - Corn, Gluten, Milk, Soy and Wheat Hamburger Bun - Gluten and Wheat	Chicken - 17g Hamburger Bun - 29g

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Menu Item	Allergens	Carbohydrate Count
Chicken Jerky, Crackers and Sunflower Seeds/Cheese	Chicken Jerky - Corn, Gluten Wheat Thins - Corn, Gluten and Wheat Sunflower Seeds - None Cheese - Milk Cheez Its - Gluten, Milk, Soy and Wheat	Chicken Jerky (1 package) - 7g Wheat Thins (1 package) - 35g Sunflower Seeds (1 package) - 10g Cheez Its (1 package) - 14g Cheese - 1g
Chicken Tenders	Corn, Gluten, Milk and Wheat	3 Each - 21g
Garlic Mozzarella Breadsticks	Breadsticks - Gluten, Milk, Soy and Wheat Marinara - None	Breadsticks (2 each) - 30g Marinara Sauce (2T) - 3g
Orange Chicken with Brown Rice	Chicken - Corn, Eggs, Gluten, Soy and Wheat Rice - None	Orange Chicken - (1/2 cup) - 19g Rice (1 cup) - 46g
Pancakes with Chicken Sausage with Berry Compote	Pancakes - Corn, Eggs, Gluten, Milk, Soy and Wheat Chicken Sausage - None Berry Compote - Corn	Pancakes (2 each) - 32g Chicken Sausage (4 links) - 0g Berry Compote (1/4 cup) - 7g
Pasta with Marinara and Mozzarella or Meatballs	Pasta - Gluten and Wheat Mozzarella - Milk Marinara - None Meatballs - Gluten, Milk and Wheat	Pasta, Marinara and Cheese (1 cup) - 42g Pasta, Marinara and Meatballs (1 cup) - 43g
PBJ, Cheese and Crackers	PBJ - Gluten, Peanuts and Wheat Cheese - Milk Wheat Thins - Corn, Gluten and Wheat Cheez Its - Gluten, Milk, Soy and Wheat	PBJ (1 each, 2.6oz) - 32g Cheese - 1g Wheat Thins (1 package) - 35g Cheez Its (1 package) - 14g

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Menu Item	Allergens	Carbohydrate Count
Pizza	Corn, Gluten, Milk, Soy, and Wheat	Cheese/Pepperoni (1 slice) - 38g
Teriyaki Chicken with Brown Rice	Teriyaki Chicken - Corn and Soy Teriyaki Tofu - Corn and Soy Rice - None	Teriyaki Chicken - (1/2 cup) - 30g Teriyaki Tofu - (1/2 cup) - 12g Rice (1 cup) - 46g
Teriyaki Tofu with Brown Rice	Teriyaki Tofu - Corn and Soy Rice - None	Teriyaki Tofu - (1/2 cup) - 12g Rice (1 cup) - 46g
Teriyaki Tofu with Yakisoba Noodles	Teriyaki Tofu - Corn and Soy Noodles - Gluten, Soy and Wheat	Teriyaki Tofu - (1/2 cup) - 12g Noodles (1 cup) - 55g
Turkey and Cheese Sandwich	Bread - Corn, Gluten, Soy and Wheat Turkey - None Cheese - Milk	Bread (2 slices) - 28g Turkey (2 slices) - 2g Cheese (2 slices) - 0.5g
Yogurt and Granola	Yogurt - Corn and Milk Granola - None	Yogurt (2 each) - 32g Granola (2 each) - 30g