

# Allergens and Carbohydrate Counts | High 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](mailto:nutritionservices@pps.net).

Menu Item	Allergens	Carbohydrate Count
BBQ Pork	Pork - Corn and Gluten Onion Rings - Corn, Gluten, Milk and Wheat	Pork (1/2 cup) - 14.5g Onion Rings (4 each) - 26g
BBQ Pork Sandwich	Pork - Corn and Gluten Hamburger Bun - Gluten and Wheat	Pork (1/2 cup) - 14.5g Hamburger Bun - 29g
Burrito Bar	Brown Rice - None Seasoned Chicken - Corn Taco Beef - None Seasoned Beans - None Shredded Cheese - Milk Shredded Lettuce - None Tortilla Chips - Corn Tortilla - Corn, Gluten and Wheat	Brown Rice - (1/4 cup) - 11.5g Seasoned Chicken (1/4 cup) - 0g Taco Beef (1/4 cup) - 1g Seasoned Beans (1/4 cup) - 11g Shredded Cheese (1/4 cup) - 1g Shredded Lettuce (1/4 cup) - 1g Tortilla Chips (26 each) - 22g Tortilla Shell - 29g
Cheese Sandwich	Bread - Corn, Gluten, Milk, 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	6 each - 31g
Chicken Filet Sandwich	Chicken - Corn, Gluten, Milk, Soy and Wheat Hamburger Bun - Gluten, Soy 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	Chicken - Corn, Gluten, Milk and Wheat Onion Rings - Corn, Gluten, Milk and Wheat	Chicken (3 each) - 18g Onion Rings (2 each) - 13g
Garlic Mozzarella Breadsticks	Breadsticks - Gluten, Milk, Soy and Wheat Marinara - None	Breadsticks (2 each) - 30g Marinara Sauce (2T) - 3g
Kung Pao Chicken with Brown Rice	Chicken - Corn, Egg, Gluten, Soy and Wheat Rice - None	Kung Pao Chicken - (1/2 cup) - 11g Rice (1 cup) - 46g
Orange Chicken with Brown Rice	Chicken - Corn, Egg, Gluten, Soy and Wheat Rice - None	Orange Chicken - (1/2 cup) - 19g Rice (1 cup) - 46g
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	Gluten, Peanuts and Wheat	PBJ (1 each 5.3 oz.) - 64g
Pizza	Corn, Gluten, Milk, Soy, and Wheat	Cheese/Pepperoni/Margherita- 38g Pepperoni and Sausage/Basil Garlic Chicken Pepperoni, Sausage and Olive - 40g Pepperoni and Pineapple/ Tomatoes, Peppers, Olives and Onions - 43g BBQ chicken pizza - 51g

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Menu Item	Allergens	Carbohydrate Count
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