

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, and soybeans*. 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 |
|--|--|--|
| Alaskan Pollock Strips | Fish - Fish, Gluten, Milk and Wheat | Fish (3 Pieces) - 25g |
| BBQ Pulled Pork | Pork - Soy Roll - Gluten, Soy and Wheat | BBQ Pork (1/2 cup) - 29g Roll (1 each) - 14g |
| Bean and Cheese Burrito | Gluten, Milk, Soy and Wheat | Burrito - 59g |
| Bean and Rice Bowl with Tortilla Chips | Beans and Rice - None Cheese - Milk Tortilla Chips - None | Beans (1/4 cup) - 11 Rice (1/2 cup) - 22.5g Tortilla Chips (1 each) - 18g |
| Beef, Bean and Cheese Burrito | Gluten, Milk, Soy and Wheat | Burrito - 58g |
| Cheese Ravioli with Marinara | Ravioli - Gluten, Eggs, Milk and Wheat Marinara - None Roll - Gluten, Soy and Wheat | Ravioli with Sauce (8 each) - 43g Roll (1 each) - 14g |
| Cheeseburger/Hamburger | Beef Patty - None Cheese - Milk Hamburger Bun - Gluten, Soy and Wheat | Beef Patty - 1g Cheese (1 slice) - 0g Hamburger Bun - 29g |
| Cheesy Baked Potatoes with Chili | Potato with Cheese - Milk Three Bean Chili - None Wheat Roll - Gluten, Soy and Wheat | Baked Potato with Cheese - 31g Three Bean Chili (1/4 cup) - 9g Wheat Roll (1 each) - 14g |
| Chicken Filet Sandwich | Chicken Filet - Gluten, Soy and Wheat Hamburger Bun - Gluten, Soy and Wheat | Chicken - 15g Hamburger Bun - 29g |
| Chicken Nuggets | Chicken Nuggets - Gluten, Soy and Wheat | Chicken Nuggets (5 each) - 15g |
| Green Chile and Cheese Tamale with Beans | Tamale - Milk Beans - Gluten | Tamale (1 each) - 32g Refried Beans (1/2 cup) - 23g |

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| Homemade Cheese Lasagna | Lasagna - Eggs, Milk, Gluten and Wheat | Lasagna (1 each) - 31g |
| Hummus, String Cheese and Crackers | Hummus - None Pretzels - Gluten and Wheat Crackers - Gluten, Soy and Wheat String Cheese - Milk | Hummus (1 each, Zee Zees) - 27g Pretzels (1 package) - 35g Crackers (1 each) - 14g Hummus (1 each, Better Bean) - 11g String Cheese (1 each) - 0g |
| Italian Deli Sandwich | Hoagie Roll - Gluten, Soy and Wheat Turkey Ham/Salami - None | Hoagie Roll - 42g Deli Meat/Cheese - 1g |
| Milk | Milk | 1% Plain (1 cup) - 11g |
| Mozzarella Breadsticks with Marinara | Breadsticks - Gluten, Milk, Soy and Wheat Marinara - Milk | Breadsticks (2 each) - 30g Marinara Sauce (1 package) - 6g |
| Orange Chicken with Brown Rice | Orange Chicken - Egg, Gluten, Soy and Wheat Rice - None | Orange Chicken - (1/2 cup) - 19g Rice (1/2 cup) - 23g |
| Oven Baked Chicken with Mashed Potatoes | Chicken/BBQ Sauce - None Mashed Potatoes - Milk | Chicken (1 each) - 0g BBQ Sauce (2T) - 21g Mashed Potatoes (1/2 cup) - 14g |
| Pancakes with Turkey Sausage and Potatoes | Pancakes - Eggs, Gluten, Milk, Soy and Wheat Turkey Sausage - None Roasted Potatoes - None Berry Compote - None | Pancakes (2 each) - 30g Sausage (2 links) - 0g Potatoes (1/2 cup) - 15g Berry Compote (1/4 cup) - 7g |
| Pasta with Marinara and Mozzarella | Pasta - Gluten, Milk and Wheat Mozzarella - Milk Marinara - None | Pasta with Marinara and Cheese (1 cup) - 42g |

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| PBJ, String Cheese and Crackers | PB&J - Gluten, Peanuts, Soy and Wheat String Cheese - Milk | PB&J (1 each) - 33g String Cheese - 0g |
| Pizza | Gluten, Milk, Soy and Wheat | Serving Size - 1 slice Cheese/Pepperoni - 39g |
| Popcorn Chicken | Gluten, Milk, Soy, Wheat | 10 pieces - 17g |
| Teriyaki Chicken with Brown Rice | Teriyaki Chicken - Gluten, Soy and Wheat Rice - None | Teriyaki Chicken - (1/2 cup) - 11g Rice (1 cup) - 46g |
| Turkey Hot Dog | Turkey Hot Dog - None Hot Dog Bun - Gluten, Soy and Wheat | Turkey Hot Dog - 0g Hot Dog Bun - 29g |
| Turkey Sandwich | Bread - Gluten, Soy and Wheat Cheese - Milk Turkey - None | Bread (2 slices) - 28g Cheese (1 slice) - 0g String Cheese - 0g Turkey (4 slices) - 0g |
| Yogurt and Granola | Yogurt - Milk Granola - Gluten | Yogurt (2 each) - 40g Granola (1 each) - 17g |
| Yakisoba with Chicken and Vegetables | Noodles and Sauce - Gluten, Soy and Wheat Chicken - Soy | Chicken Yakisoba (1 cup) - 62g |
| Yakisoba with Vegetables | Noodles and Sauce - Gluten, Soy and Wheat | Vegetable Yakisoba (1 cup) - 61g |