

# Allergens and Carbohydrate Counts | Breakfast

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](mailto:nutritionservices@pps.net).

Menu Item	Allergens	Carbohydrate Count
Apple Chips	None	1 each - 10g
Applesauce Cup	None	1 Each (peach/plain) - 14g
Banana Bread	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 46.5g
Blueberry Chex Cereal	None	1 Each - 46g
Blueberry Muffin	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 38.5g
Chicken Sausage Pancake Sandwich	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 17g
Cinnamon Chex Cereal	None	1 Each - 45g
Cinnamon Crumble Bread	Eggs, Gluten, Milk, Soy, and Wheat	1 Each - 47g
Dried Fruit	None	Craisins (1 each) - 28g Cranberries (1 each) - 25g Raisins (1 each) - 34g
Egg and Cheese Breakfast Burrito	Eggs, Gluten, Milk and Wheat	1 Each - 28g
Egg and Cheese on an English Muffin	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 26g
French Toast Sticks	Eggs, Gluten, Milk, Soy and Wheat	2 Each - 38g
Maple Pancakes	Eggs, Gluten, Milk, and Wheat	1 Package - 36g
Maple Waffles	Eggs, Gluten, Milk, Soy, and Wheat	2 Waffles - 29g
Milk	Milk	1% Plain (1 cup) - 11g
Turkey Ham and Cheese on a Hawaiian Bun	Gluten, Milk, Soy, and Wheat	1 Each - 27g