

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, 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
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
Cheese Sandwich	Bread - Gluten, Soy and Wheat Cheese - Milk	Bread (2 slices) - 26g Cheese (4 slices) - 2g
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 and Egg Fried Rice	Eggs, Gluten, Milk, Sesame, Soy and Wheat	1 cup - 32g
Chicken Burger	Chicken - Gluten, Soy and Wheat Hamburger Bun - Gluten, Soy and Wheat	Chicken - 15g Hamburger Bun - 29g
Chicken Jerky and Cracker with Sunflower seeds or Roasted Chickpeas	Chicken Jerky - Gluten Crackers - Gluten and Wheat Sunflower Seeds - None Roasted Chickpeas - None	Chicken Jerky (1 package) - 7g Crackers (1 package) - 19g Sunflower Seeds (1 package) - 10g Roasted Chickpeas (1 package) - 12g
Chicken Potstickers	Gluten, Soy and Wheat	More information to come
Chocolate No Nut Butter with Crackers or Pretzels	Chocolate No Nut Butter - None Crackers - Gluten and Wheat Pretzels - Gluten and Wheat	Chocolate No Nut Butter (1 each) - 26g Crackers (1 package) - 19g Pretzels (1 package) - 35g

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Egg Fried Rice	Eggs, Gluten, Milk, Sesame, Soy and Wheat	1 cup - 32g
Green Chile and Cheese Tamale with Beans	Tamale - Milk Beans - Gluten	Tamale (1 each) - 32g Refried Beans (1/2 cup) - 23g
Grilled Cheese Sandwich	Gluten, Milk, Soy and Wheat	1 each - 28g
Homemade Cheese Lasagna	Lasagna - Eggs, Milk, Gluten and Wheat	Lasagna (1 each) - 31g
Hummus and String Cheese with Crackers, Pita Bread or Pretzels	Hummus - None String Cheese - Milk Crackers - Gluten and Wheat Pita Bread - Gluten and Wheat Pretzels - Gluten and Wheat	Hummus (1 each, Zee Zees) - 27g Hummus (1 each, Better Bean) - 11g String Cheese (1 each) - 0g Crackers (1 package) - 19g Pretzels (1 package) - 35g Pita Bread (1 each) - 33g
Indian Coconut Curry Chicken with Brown Rice	Indian Curry Chicken - Soy Rice - None	Indian Curry Chicken (1/2 cup) - 2g Rice (1 cup) - 46g
Milk	Milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g
Mozzarella Breadsticks with Marinara	Breadsticks - Gluten, Milk, Soy and Wheat Marinara - Milk	Breadsticks (2 each) - 30g Marinara Sauce (2T) - 3g
Orange Chicken with Brown Rice	Orange Chicken - Egg, Gluten, Soy and Wheat Rice - None	Orange Chicken - (1/2 cup) - 19g Rice (1 cup) - 46g
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

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Menu Item	Allergens	Carbohydrate Count
Pasta with Marinara and Mozzarella	Pasta - Gluten, Milk and Wheat Mozzarella - Milk Marinara - None	Pasta with Marinara and Cheese (1 cup) - 42g
Pasta with Marinara and Meatballs	Pasta - Gluten and Wheat Marinara/ Meatballs - None	Pasta with Marinara (1 cup) - 42g Meatballs (5 each) - 2g
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
Rip City Ham and Cheese	Gluten, Milk, Soy and Wheat	1 each - 28g
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 with Gravy, Mashed Potatoes and a Roll	Turkey and Gravy - Milk and Soy Mashed Potatoes - Milk Roll - Gluten, Soy and Wheat	Turkey and Gravy - 5g Mashed Potatoes (1/2 cup) - 14g Roll (1 each) - 14g
Turkey Sandwich with Cheese or a String Cheese	Bread - Gluten, Soy and Wheat Cheese - Milk Turkey - None	Bread (2 slices) - 26g 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