

Allergens and Carbohydrate Counts | Salads, Sides and Condiments

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
BBQ Beans	None	1/4 cup - 16-18g
BBQ Sauce	None	2 T - 21g 2T - 13g
Berry Compote	None	1/4 cup - 7g
Ketchup	None	2 T - 6g
Mayonnaise	Eggs and Soy	2T - 0g
Milk	Milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g
Roasted Broccoli	None	1/4 cup - 3g
Roasted Potatoes	None	1/2 cup - 15g
Roasted Zucchini	None	1/2 cup - 2g
Salad Dressings	Balsamic - None Sesame - Gluten, Soy and Wheat	Balsamic (2T) - 6g Sesame (2T) - 5g
Salsa	None	2T - 2g
Sour Cream	Milk	2 T - 1g
Sriracha	None	2T - 2g
Sweet Thai Chili Sauce	None	2T - 17g