

Allergens and Carbohydrate Counts | Supper

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
Bean and Cheese Burrito	Gluten, Milk, Soy and Wheat	1 each - 59g
Cheeseburger	Beef Patty/Cheese - Milk Hamburger Bun - Gluten, Soy and Wheat	Beef Patty/Cheese- 0g 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
Garlic Cheese French Bread	Gluten, Milk, Soy and Wheat	1 each - 30g
Grilled Cheese Sandwich	Gluten, Milk, Soy and Wheat	1 each - 28g
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
PBJ and String Cheese	PB&J - Gluten, Peanuts, Soy and Wheat String Cheese - Milk	PB&J (1 each) - 33g String Cheese - 0g
Pizza	Gluten, Milk, Soy and Wheat	Cheese (1 slice) - 39g
Popcorn Chicken	Gluten, Milk, Soy, Wheat	10 pieces - 17g
Rip City Ham and Cheese	Gluten, Milk, Soy and Wheat	1 each - 28g
Taco Salad with Beans and Tortilla Chips	Bean Dip - None Shredded Cheese - Milk Tortilla Chips - None	Bean Dip (1 each) - 13g Shredded Cheese (1/4 cup) - 1g Tortilla Chips (1 each) - 18g Grape Tomatoes (5 each) - 2g
Turkey Hot Dog	Turkey Hot Dog - None Hot Dog Bun - Gluten, Soy and Wheat	Turkey Hot Dog - 0g Hot Dog Bun - 29g