

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, soybeans, and sesame*. Our department also labels items containing corn or corn additives. 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 |
|--|---|---|
| Applesauce Cup | None | 1 each (peach/plain) - 14g |
| Blueberry Muffin | Egg, Gluten, Milk, Soy, and Wheat | 1 Each - 38.5g |
| Breakfast Breads | Corn, Egg, Gluten, Milk, Soy, and Wheat | Banana - 46.5g Cinnamon Crumble - 47g Pumpkin - 44g |
| Cereal | Blueberry/Cinnamon Chex - None Honey Cheerios - Corn | Blueberry/Cinnamon Chex - 45g Honey Cheerios - 44g |
| Cinnamon Swirl Bun | Corn, Egg, Gluten, Sesame, Soy, and Wheat | 1 Each - 48g |
| Dried Fruit | None | Cranberries (1 each) - 25g Raisins (1 each) - 34g Craisins (Watermelon/Lemonade, 1 each) - 27g Pears (1 each) - 33g Blueberries (1 each) - 27 |
| Egg, Cheese and Turkey Sausage Calzone | Corn, Egg, Gluten, Milk, Soy, and Wheat | 1 Each - 21g |
| Egg and Cheese Filled Hashbrown | Corn, Egg, Gluten, Milk, Soy, and Wheat | 1 Each - 24g |
| Egg and Cheese on an English Muffin | Corn, Egg, Gluten, Milk, Soy, and Wheat | 1 Each - 26g |
| French Toast Sticks | Corn, Egg, Gluten, Milk, Soy, and Wheat | 2 Each - 38g |

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|---|--|--|
| Juice | None | Tropical Twist/Fruit Punch (1 each) - 21g Apple (1 each, 4oz) - 14g Fruit Punch (1each, 4oz) - 15g |
| Peach Cheerios Bar | Corn, Gluten, Soy and Wheat | 1 Each - 51g |
| Maple Waffles | Egg, Gluten, Milk, Soy, and Wheat | 2 Waffles - 29g |
| Milk | Milk | 1% Plain (1 cup) - 11g |
| Mini Pancakes | Egg, Gluten, Milk, Soy, and Wheat | 1 Package - 37g |
| Turkey Ham and Cheese on a Hawaiian Bun | Gluten, Milk, Soy, and Wheat | 1 Each - 27g |
| Yogurt and Granola | Yogurt - Corn and Milk Granola - None | Yogurt (1 each) - 21g Granola (1 each) - 15g |