

# 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](mailto: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
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
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