

# Allergens and Carbohydrate Counts | Elementary and Middle 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, 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
Bean and Cheese Burrito	Corn, Gluten, Milk, Soy and Wheat	Burrito - 59g
Bean and Rice Bowl with Tortilla Chips	Beans and Rice - None Cheese - Milk Tortilla Chips - Corn	Beans (1/4 cup) - 11g Rice (1/2 cup) - 22.5g Tortilla Chips (13 each) - 11g Shredded Cheese (1/4 cup) - 1g Seasoned Chicken (1/4 cup) - 0g Taco Beef (1/4 cup) - 1g
Beef, Bean and Cheese Burrito	Corn, Gluten, Milk, Soy and Wheat	Burrito - 58g
Cheeseburger	Beef Patty - None Cheese - Milk Hamburger Bun - Gluten, Soy and Wheat	Beef Patty - 0g Cheese (1 slice) - 0g Hamburger Bun - 29g
Cheese Lasagna	Corn, Egg, Gluten, Milk and Wheat	1 Each - 62.5g
Chicken Jerky, Cheese and Crackers	Chicken Jerky - Corn, Gluten Cheese - Milk Crackers - Corn, Gluten and Wheat Pita Chips - Gluten, Sesame and Wheat	Chicken Jerky (1 package) - 7g Cheese (1 each) - 0g Crackers (1 package, 1.0oz) - 19g Pita Chips (1 package) - 24g
Chicken Sandwich	Chicken - Corn, Gluten, Soy and Wheat Hamburger Bun - Gluten, Soy and Wheat	Chicken - 17g Hamburger Bun - 29g
Chicken Tenders	Corn, Gluten, Milk, Soy and Wheat	3 Each - 18g
Hummus and Cheese with Crackers or Pita Chips	Hummus - Sesame Cheese - Milk Crackers - Corn, Gluten and Wheat Pita Chips - Gluten, Sesame and Wheat	Hummus (1 each) - 11g Cheese (1 each) - 0g Crackers (1 package, 1.0oz) - 19g Pita Chips (1 package) - 24g
Milk	Milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g

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Menu Item	Allergens	Carbohydrate Count
Mozzarella Breadsticks with Marinara	Breadsticks - Gluten, Milk, Soy and Wheat Marinara - None	Breadsticks (2 each) - 28g Marinara Sauce (2T) - 3g
Orange Chicken with Brown Rice	Chicken - Corn, Egg, Gluten, Soy and Wheat Rice - None	Orange Chicken - (1/2 cup) - 19g Rice (1 cup) - 46g
Pancakes with Turkey or Chicken Sausage and Potatoes with Berry Compote	Pancakes - Eggs, Gluten, Milk, Soy and Wheat Turkey/Chicken Sausage - None Roasted Potatoes - None Berry Compote - Corn	Pancakes (2 each) - 30g Turkey/Chicken Sausage (2 links) - 0g Potatoes (1/2 cup) - 15g Berry Compote (1/4 cup) - 7g
Pasta with Marinara and Mozzarella	Pasta - Gluten, Milk and Wheat Mozzarella - Milk Marinara - None	Pasta with Marinara and Cheese (1 cup) - 42g
PBJ, String Cheese and Crackers or Pita Chips	PBJ - Gluten, Peanuts, Soy and Wheat String Cheese - Milk Crackers - Corn, Gluten and Wheat Pita Chips - Gluten, Sesame and Wheat	PBJ - 32g Cheese (1 each) - 0g Crackers (1 package, 1.0oz) - 19g Pita Chips (1 package) - 24g
Pizza	Corn, Gluten, Milk, Soy, and Wheat	Cheese/Pepperoni (1 slice) - 38g
Teriyaki Chicken with Brown Rice	Teriyaki Chicken - Corn and Soy Rice - None	Teriyaki Chicken - (1/2 cup) - 30g Rice (1 cup) - 46g
Turkey Hot Dog	Turkey Hot Dog - Corn Hoagie Bun - Gluten, Soy and Wheat	Turkey Hot Dog - 0g Hoagie Bun - 30g
Yogurt and Granola	Yogurt - Corn and Milk Granola - None	Yogurt (2 each, Yoplait) - 42g Granola (1 each) - 15g
Yakisoba with Vegetables and/or Chicken	Noodles - Gluten, Soy and Wheat Sauce - Corn and Soy Chicken - Corn	Vegetable Yakisoba (1 cup) - 50g Chicken Yakisoba (1 cup) - 45g