

# 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
BBQ Pork Sandwich	BBQ Pork - Corn and Soy Hamburger Bun - Gluten, Soy and Wheat	BBQ Pork (1/2 cup) - 29g Hamburger Bun - 29g
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 Taco Beef - None Seasoned Chicken - 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
Black Bean Cup, Cheese and Crackers or Tortilla Chips	Bean Cup - None Cheese - Milk Wheat Thins - Corn, Gluten and Wheat Tortilla Chips - Corn	Bean Cup (1 each) - 13g Cheese (1 each) - 0g Wheat Thins (1 package, 1.75 oz ) - 35g Tortilla Chips (13 each) - 11g
Cheeseburger or Grassfed 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 and Cheese Enchiladas	Enchiladas - Corn, Milk and Soy Enchilada Sauce - Corn	Enchiladas and Sauce (2 each) - 30g
Chicken Filet Sandwich	Chicken - Corn, Gluten, Milk, Soy and Wheat Hamburger Bun - Gluten, Soy and Wheat	Chicken - 17g Hamburger Bun - 29g

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Chicken Jerky, Cheese and Crackers	Chicken Jerky - Corn, Gluten Cheese - Milk Wheat Thins - Corn, Gluten and Wheat Zee Zees Crackers - Gluten, Soy and Wheat	Chicken Jerky (1 package) - 7g Cheese (1 each) - 0g Wheat Thins (1 package, 1.75 oz) - 35g Zee Zees Crackers (1 package, 0.8 oz) - 15g
Chicken Tenders	Corn, Gluten, Milk, Soy and Wheat	3 Each - 18g
Chicken with Korean BBQ Sauce, Vegetable Dumplings and Brown Rice	Chicken and Sauce - Corn, Sesame and Soy Rice - None Dumplings - Gluten, Sesame Soy and Wheat	Chicken and Sauce (1/2 cup) - 32g Rice (1/2 cup) - 22.5g Dumplings (3 each) - 16.5g
Ethiopian Simmer Sauce with Chicken and Brown Rice	Chicken - Corn Ethiopian Sauce - None Brown Rice - None	Chicken and Sauce (1/2 cup) - 2g Rice (1 cup) - 46g
Green Chile and Cheese Tamale	Tamale - Corn, Milk	Tamale (1 each) - 32g
Grilled Cheese Sandwich	Gluten, Milk, Soy and Wheat	1 Each - 32g
Hummus, Cheese and Crackers	Hummus - Sesame Cheese - Milk Wheat Thins - Corn, Gluten and Wheat Zee Zees Crackers - Gluten, Soy and Wheat	Hummus (1 each) - 11g Cheese (1 each) - 0g Wheat Thins (1 package, 1.75 oz) - 35g Zee Zees Crackers (1 package, 0.8 oz) - 15g
Milk	Milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g
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

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Oregon Rockfish Tacos	Rockfish - Fish Tortilla Shell - Corn, Gluten, Soy and Wheat	Rockfish - 0g Tortilla Shell (2 each) - 28g
Pancakes with Chicken Sausage and Potatoes with Berry Compote	Pancakes - Eggs, Gluten, Milk, Soy and Wheat Chicken Sausage - None Roasted Potatoes - None Berry Compote - Corn	Pancakes (2 each) - 30g Chicken Sausage (2 links) - 0g Potatoes (1/2 cup) - 15g Berry Compote (1/4 cup) - 7g
Pasta with Marinara and Mozzarella	Pasta - Gluten and Wheat Mozzarella - Milk Marinara - None	Pasta with Marinara and Cheese (1 cup) - 42g
PBJ, String Cheese and Crackers	PBJ - Gluten, Peanuts, Soy and Wheat Cheese - Milk Wheat Thins - Corn, Gluten and Wheat Zee Zees Crackers - Gluten, Soy and Wheat	PBJ - 32g Cheese (1 each) - 0g Wheat Thins (1 package, 1.75 oz) - 35g Zee Zees Crackers (1 package, 0.8 oz) - 15g
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
Three Bean Chili with Tortilla Chips	Chili - Corn Tortilla Chips - Corn	Chili (1 cup) - 40g Tortilla Chips (26 each) - 32g
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