

Allergens and Carbohydrate Counts | High 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.

Menu Item	Allergens	Carbohydrate Count
Burrito Bar	Brown Rice - None Seasoned Chicken - Corn Taco Beef - None Refried Beans - Corn, Gluten and Wheat Shredded Cheese - Milk Shredded Lettuce - None Tortilla Chips - Corn Tortilla Shell - Corn, Gluten, Soy and Wheat	Brown Rice - (1/4 cup) - 11.5g Seasoned Chicken (1/4 cup) - 0g Taco Beef (1/4 cup) - 1g Refried Beans (1/4 cup) - 12g Shredded Cheese (1/4 cup) - 1g Shredded Lettuce (1/4 cup) - 1g Tortilla Chips (26 each) - 22g Tortilla Shell - 29g
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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Orange Chicken with Brown Rice	Chicken - Corn, Egg, Gluten, Soy and Wheat Rice - None	Orange Chicken - (1/2 cup) - 19g Rice (1 cup) - 46g
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	Serving Size - 1 Slice Cheese/Pepperoni/Margherita- 38g Pepperoni and Sausage/Basil Garlic Chicken Pepperoni, Sausage and Olive - 40g Pepperoni and Pineapple/ Tomatoes, Peppers, Olives and Onions - 43g
Teriyaki Chicken with Brown Rice	Teriyaki Chicken - Corn and Soy Rice - None	Teriyaki Chicken - (1/2 cup) - 30g Rice (1 cup) - 46g
Yogurt Parfait	Yogurt - Corn and Milk Granola - None	Yogurt (1 cup) - 45g Peaches/Pineapple (1/2 cup) - 17g Strawberries (1/2 cup) - 7g Blueberries (1/2 cup) - 11g Granola (2 each) - 30g
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