

# Allergens and Carbohydrate Counts | Salads, Sides and Condiments

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 Beans                 | Corn                          | 1/4 cup - 16-18g   |
| BBQ Sauce                 | Corn                          | 2T - 13g   |
| Berry Compote             | Corn                          | 1/4 cup - 7g   |
| Black Bean and Corn Salad | Corn                          | 1/4 cup - 13g  |
| Canned Fruit              | None                          | Diced Pears - 1/2c = 14g<br>Pineapple in 100% juice - 1/2c = 22g<br>Diced Peaches in Extra Light Syrup - 1/2c = 16g<br>Unsweetened Applesauce - 1/2c = 18g |
| Chili Lime Corn Salad     | Corn, Egg and Soy             | 1/4 cup - 10g  |
| Cilantro Lime Slaw        | Milk                          | 1/4 cup - 3g   |
| Cinnamon Glazed Carrots   | Milk                          | 1/2 cup - 10g  |
| Coleslaw                  | Eggs , Milk and Soy           | 1/4 cup - 4g   |
| Cucumber Salad            | Gluten, Sesame, Soy and Wheat | 1/4 cup - 2g   |
| Ketchup                   | None                          | 2 T - 6g   |
| Kimchi                    | None                          | 2 Ounces - 2g  |
| Mayonnaise                | Eggs and Soy                  | 2T - 0g  |
| Milk                      | Milk                          | 1% Plain (1 cup) - 11g<br>0% Chocolate (1 cup) - 21g   |
| Pineapple Salsa           | None                          | 1/4 cup - 12g  |
| Roasted Broccoli          | None                          | 1/4 cup - 3g   |
| Roasted Potatoes          | None                          | 1/2 cup - 15g  |

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| Menu Item                | Allergens  | Carbohydrate Count  |
|--------------------------|--|---|
| Salad Dressings          | Dragon Dressing - Gluten, Soy and Wheat<br>Balsamic Vinaigrette - None<br>Citrus Pear Vinaigrette - None | Dragon Dressing (2T) - 4g<br>Balsamic Vinaigrette (2T) - <1g<br>Citrus Pear Vinaigrette (2T) - 6g |
| Salsa                    | None   | 2T - 2g   |
| Sour Cream               | Milk   | 2 T - 1g  |
| Sriracha                 | None   | 2T - 2g   |
| Sweet Thai Chili Sauce   | None   | 2T - 17g  |
| Tapatio                  | None   | 2T - 0g   |
| Tater Tots               | Soy  | 8 each - 16g  |
| Thai Chili Coleslaw      | Gluten, Soy and Wheat  | 1/4 cup - 4g  |
| Tomato White Bean Bisque | None   | 1/2 cup - 9g  |