

Allergens and Carbohydrate Counts | Supper

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
Cheeseburger	Beef Patty - None Cheese - Milk Hamburger Bun - Gluten, Soy and Wheat	Beef Patty - 1g Cheese (1 slice) - 0g Hamburger Bun - 29g
Chicken Filet Sandwich	Chicken - Corn, Gluten, Milk, Soy and Wheat Hamburger Bun - Gluten, Soy and Wheat	Chicken - 18g Hamburger Bun - 29g
Chicken Pepperoni Calzone	Egg, Gluten, Milk, Soy and Wheat	1 Each - 32g
Chicken Tenders	Corn, Gluten, Milk, Soy and Wheat	3 Each - 18g
Mini Deep Dish Pizza	Corn, Gluten, Milk and Wheat	1 Each - 34g
Mozzarella and Parmesan Cheese Garlic Bread	Gluten, Milk, Soy and Wheat	1 Each - 30g
Milk	Milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g
Mozzarella Breadsticks with Marinara	Breadsticks - Gluten, Milk, Soy and Wheat Marinara - Milk	Breadsticks (2 each) - 28g Marinara Sauce (2T) - 3g
PBJ and String Cheese	PBJ - Gluten, Peanuts, Soy and Wheat String Cheese - Milk	PBJ - 32g Cheese (1 each) - 0g
Popcorn Chicken	Corn, Gluten, Milk, Soy, Wheat	10 pieces - 17g
Rip City Turkey Ham and Cheese	Corn, Gluten, Milk, Soy and Wheat	1 Each - 28g