

# 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	Pork - Corn and Gluten Hamburger Bun - Gluten and Wheat Wheat Roll - Gluten, Soy and Wheat	Pork (1/2 cup) - 14.5g Hamburger Bun - 29g Wheat Roll (1 each) - 14g
Bean and Cheese Burrito	Tortilla - Corn, Gluten and Wheat Beans - Corn Cheese - Milk	Tortilla - 29g Beans (1/2 cup) - 24g Cheese (1/2 cup) - 2g
Bean and Cheese Nachos	Beans - Corn Cheese - Milk Tortilla Chips - Corn	Beans (1/2 cup) - 24g Tortilla Chips (13 each) - 11g Shredded Cheese (1/2 cup) - 2g
Beef, Bean and Cheese Burrito	Tortilla - Corn, Gluten and Wheat Taco Beef - None Beans - Corn Cheese - Milk	Tortilla - 29g Taco Beef (1/4 cup) - 1g Beans (1/2 cup) - 24g Cheese (1/4 cup) - 1g
Cheese Sandwich	Hoagie Bun - Corn, Gluten, Soy and Wheat Cheese - Milk	Hoagie Bun - 42g Cheese (3 slices) - 1g
Cheeseburger or Grassfed Cheeseburger	Beef Patty - None Cheese - Milk Hamburger Bun - Gluten and Wheat	Beef Patty - 0g Cheese (1 slice) - 0g Hamburger Bun - 29g
Chicken Tamale	Corn	1 Each - 31g
Chicken and Vegetable Dumplings	Corn, Gluten, Sesame, Soy and Wheat	Dumplings (6 each) - 31g
Chicken Filet Sandwich	Chicken - Corn, Gluten, Milk, Soy and Wheat Hamburger Bun - Gluten and Wheat	Chicken - 17g Hamburger Bun - 29g
Chicken Jerky, Crackers and Sunflower Seeds	Chicken Jerky - Corn, Gluten Wheat Thins - Corn, Gluten and Wheat Sunflower Seeds - None	Chicken Jerky (1 package) - 7g Wheat Thins (1 package) - 35g Sunflower Seeds (1 package) - 10g

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Chicken Tenders	Corn, Gluten, Milk and Wheat	3 Each - 21g
Ethiopian Simmer Sauce Chicken or Garbanzo Beans and Brown Rice	Simmer Sauce - None Garbanzo Beans - None Rice - None Chicken - Corn	Chicken and Sauce (1/2 cup) - 12g Garbanzo Beans and Sauce (1/2 cup) - 27g Rice (1 cup) - 46g
Green Chile and Cheese Tamale	Corn and Milk	1 Each - 32g
Grilled Cheese Sandwich	Gluten, Milk, Soy and Wheat	1 Each - 32g
Japanese Curry with Chicken and Rice	Japanese Curry - Gluten and Wheat Chicken - Corn Rice - None	Japanese Curry (1/2 cup) - 13g Chicken (1/2 cup) - 0g Rice (1 cup) - 46g
Mozzarella Breadsticks with Marinara	Breadsticks - Gluten, Milk 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 Chicken Sausage with Berry Compote	Pancakes - Corn, Eggs, Gluten, Milk, Soy and Wheat Chicken Sausage - None Berry Compote - Corn	Pancakes (2 each) - 32g Chicken Sausage (4 links) - 0g Berry Compote (1/4 cup) - 7g
Pasta with Marinara and Mozzarella or Meatballs	Pasta - Gluten and Wheat Mozzarella - Milk Marinara - None Meatballs - Gluten, Milk and Wheat	Pasta, Marinara and Cheese (1 cup) - 42g Pasta, Marinara and Meatballs (1 cup) - 43g
PBJ	Gluten, Peanuts and Wheat	PBJ (1 each 5.3 oz.) - 64g

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Philly Cheesesteak Sandwich	Hoagie Bun - Corn, Gluten, Soy and Wheat Steak - Corn Cheese - Milk and Soy	Hoagie Bun - 42g Steak - 4g Cheese (2 slices) - 2g
Pizza	Corn, Gluten, Milk, Soy, and Wheat	Cheese/Pepperoni (1 slice) - 38g
Sweet and Crispy Tofu with Brown Rice	Tofu - Corn and Soy Garlic Sauce - Corn, Gluten, Soy and Wheat Rice - None	Tofu and Sauce (1/2 cup) - 13g Rice (1 cup) - 46g
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	Hoagie Bun - Corn, Gluten, Soy and Wheat Turkey Hot Dog - Corn	Hoagie Bun - 42g Turkey Hot Dog - 1g
Turkey or Turkey Ham and Cheese Sandwich	Hoagie Bun - Corn, Gluten, Soy and Wheat Turkey/Turkey Ham - None Cheese - Milk	Hoagie Bun - 42g Turkey/Turkey Ham (2 slices) - 2g Cheese (2 slices) - 0.5g
Yogurt and Granola	Yogurt - Corn and Milk Granola - None	Yogurt (2 each) - 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