

# Allergens and Carbohydrate Counts | Snack

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
Applesauce Cup	None	1 Each (peach/plain) - 14g
Cheese Stick	Milk	Mozzarella (1 each) - 2g Colby Jack (1 each) - 0g
Chicken Jerky	Corn, Gluten	Chicken Jerky (1 package) - 7g
Crackers	Cheeze It - Gluten, Milk, Soy and Wheat Chex Mix - Corn, Gluten, Milk and Wheat Wheat Thins - Corn, Gluten and Wheat Pretzel Goldfish - Gluten, Milk and Wheat Cheddar Goldfish - Gluten, Milk and Wheat	Cheeze It (1 package) - 14g Chex Mix (1 package) - 20g Wheat Thins (1 package) - 35g Pretzel Goldfish (1 package) - 16g Cheddar Goldfish (1 package) - 14g
Dried Fruit	None	Cranberries (1 each) - 25g Pears (1 each) - 33g
Frozen Fruit Cups	None	Apricot (1 each) - 32g Mixed Berry (1 each) - 22g Peach (1 each) - 19g Strawberry (1 each) - 22g
Sunflower Seeds	Sunflower Seeds - None	Sunflower Seeds (1 package) - 10g
Tortilla Chips	Tortilla Chips - Corn	Tortilla Chips (13 each) - 11g
Yogurt and Granola	Yogurt - Corn and Milk Granola - None	Yogurt (1 each, Yoplait) - 21g Granola (1 each) - 15g