

## 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 and Gluten	1/4 cup - 16-18g
BBQ Sauce	Corn and Gluten	2T - 13g
Berry Compote	Corn	1/4 cup - 7g
Canned Fruit	None	Diced Pears - 1/2c = 14g Pineapple in 100% juice - 1/2c = 22g Diced Peaches in Extra Light Syrup - 1/2c = 16g Unsweetened Applesauce - 1/2c = 18g
Frozen Fruit Cups	None	Apricot (1 each) - 32g Mixed Berry (1 each) - 22g Peach (1 each) - 19g Strawberry (1 each) - 22g
Garbanzo Bean Salad	None	1/4 cup - 11g
Ketchup	None	1 T - 4g

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Menu Item	Allergens	Carbohydrate Count
Mayonnaise	Eggs	2T - 0g
Milk	Milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g
Roasted Broccoli	None	1/4 cup - 3g
Roasted Potatoes	None	1/2 cup - 15g
Salad Dressings	Dragon Dressing - Gluten, Soy and Wheat Balsamic Vinaigrette - None	Dragon Dressing (2T) - 4g Balsamic Vinaigrette (2T) - <1g
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