

# Allergens and Carbohydrate Counts | Nutrition Sites | Breakfast

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, and soybeans*. 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
Apple Chips	None	1 each - 10g
Applesauce Cup	None	1 Each (peach/plain) - 14g
Bagel and Cream Cheese	Bagel - Gluten and Soy Cream Cheese - Milk	1 Bagel - 34g Cream Cheese - 1g
Banana Bread	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 46.5g
BeneFit Breakfast Bar	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 48g
Biscuit and Jam	Biscuit - Gluten, Milk and Wheat Jam - None	Biscuit (1 each) - 42g Jam (1 package) - 9g
Blueberry Muffin	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 38.5g
Chicken Sausage Biscuit Sandwich	Gluten, Milk, Soy and Wheat	1 Each - 29g
Chicken Sausage, Egg and Cheese Croissant	Coconut, Eggs, Gluten, Milk, Soy and Wheat	1 Each - 32g
Chicken Sausage Pancake Sandwich	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 17g
Chicken Waffle Sandwich	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 20g
Cinnamon Chex Cereal	None	1 Each - 45g
Cinnamon Crumble Bread	Eggs, Gluten, Milk, Soy, and Wheat	1 Each - 47g
Dried Fruit	None	Craisins (1 each) - 28g Cranberries (1 each) - 25g Raisins (1 each) - 34g

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Egg and Cheese Breakfast Burrito	Eggs, Gluten, Milk and Wheat	1 Each - 28g
Egg and Cheese on an English Muffin	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 26g
French Toast	Eggs, Gluten, Soy and Wheat	1 Each - 29g
Honey Nut Cheerios Cereal	Tree Nuts	1 Each - 44g
Maple Pancakes	Eggs, Gluten, Milk and Wheat	1 Bag - 36g
Maple Waffles	Egg, Gluten, Milk, Soy and Wheat	2 Each - 30g
Milk	Milk	1% Plain (1 cup) - 11g 2% Plain (2 cups) - 24g
Rice Krispies Cereal	None	1 Each - 23g
Taco with Egg and Cheese	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 14g
Taco with Egg, Cheese and Turkey Sausage	Eggs, Gluten, Milk, Soy and Wheat	1 Each - 14g
Turkey Ham and Cheese on a Hawaiian Bun	Gluten, Milk, Soy and Wheat	1 Each - 27g
Zac O'mega Bar - Assorted Flavors	Eggs, Gluten and Wheat	1 Each - 40g

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Menu Item	Allergens	Carbohydrate Count
Almonds	Tree Nuts	Roasted Almonds (1 each) - 5g Almond Pieces (1 each) - 6g
BBQ Chicken Sandwich	Hoagie Roll - Gluten, Soy and Wheat Chicken - Soy BBQ Sauce - None	Hoagie Roll (1 each) - 42g BBQ Chicken (1/2 cup) - 28g
Bean Dip with Shredded Cheese and Tortilla Chips	Bean Dip - None Shredded Cheese - Milk Tortilla Chips - None Frito Corn Chips - None Taco Sauce - None	Bean Dip (1 each) - 13g Shredded Cheese (1/4 cup) - 1g Tortilla Chips (1 each) - 18g Frito Corn Chips (1 bag) - 16g Taco Sauce (1 each) - 1g
Calzone with Chicken Pepperoni	Eggs, Gluten, Milk, Soy and Wheat	1 each - 32g
Cheese Sandwich	Hoagie Roll - Gluten, Soy and Wheat Bread - Gluten, Soy and Wheat Cheese - Milk	Hoagie Roll (1 each) - 42g Bread (2 slices) - 28g Cheese (3 slices) - 0g
Chicken Filet	Chicken Filet - Gluten, Milk and Wheat	Chicken - 15g
Chicken Nuggets	Chicken Nuggets - Gluten, Soy and Wheat	Chicken Nuggets (5 each) - 15g
Chicken Sandwich with Soy Sauce and Ginger Dressing	Hoagie Roll - Gluten, Soy and Wheat Chicken - Soy Dressing - Gluten, Soy and Wheat	Hoagie Roll (1 each) - 42g Chicken and Dressing (1 cup) - 5g
Deep Dish Pizza	Gluten, Milk, Soy and Wheat	1 pizza - 34g
Frozen Fruit Cups	None	Peach (1/2 cup) - 19g Mixed Berry (1/2 cup) - 20g Strawberry (1/2 cup) - 22g

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Menu Item	Allergens	Carbohydrate Count
Goldfish Crackers	Gluten, Milk, and Wheat	1 package - 28g
Granola	Eggs and Gluten	1 each - 18g
Hummus	None	1/2 cup - 11g
Ketchup	None	1 each - 3g
Lunch Packs	Cheese - Milk Chicken Jerky - Gluten Mixed Nuts - Peanuts and Tree Nuts Hummus - None Peanut Butter Cup - Peanuts and Soy Pretzels - Gluten and Wheat Sunbutter Cup - None Sunflower Seeds - None	Cheese (1 each) - 0g Chicken Jerky (1 each) - 7g Mixed Nuts (1 package) - 7g Hummus (1/2 cup) - 11g Peanut Butter Cup (1 each) - 8g Pretzels (1 package) - 35g Sunbutter Cup (1 each) - 7g Sunflower Seeds - 1 each - 10g
Mayonnaise	Eggs and Soy	2T - 0g
Milk	Milk	0% Chocolate (1 cup) - 21g 2% Plain (2 cups) - 24g
Mozzarella Breadsticks with Marinara	Breadsticks - Gluten, Milk, Soy and Wheat Marinara - Milk	Breadsticks (2 each) - 30g Marinara Sauce (1 package) - 6g
Pasta Salad with Cheese, Tomatoes and Balsamic Dressing	Balsamic - None Cheese - Milk Rotini Pasta - Gluten and Wheat Tomatoes - None	Balsamic (2T) - 6g Cheese (1/2 cup) - 2g Rotini Pasta (1 cup) - 44g Tomatoes (5 each) - 3g

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Peanut Butter and Jelly Sandwich	PB&J - Gluten, Peanuts, Soy and Wheat String Cheese - Milk Pretzels - Gluten and Wheat	PB&J (1 each) - 33g String Cheese - 0g Pretzels (1 package) - 35g
Rip City Ham and Cheese	Gluten, Milk, Soy and Wheat	1 each - 28g
String Cheese	Milk	1 each - 0g
Sunflower Seeds	None	1 each - 10g
Tortilla Chips	None	13 each - 15g 1 package - 18g
Turkey and Cheddar Cheese Sandwich	Bread - Gluten, Soy and Wheat Cheese - Milk Turkey - None	Bread (2 slices) - 28g Cheese (1 slice) - 0g Turkey (4 slices) - 0g
Turkey Ham and Cheese on a Hawaiian Bun	Gluten, Milk, Soy and Wheat	1 Each - 27g
Turkey Ham and Shredded Cheese Wrap	Shredded Cheese - Milk Turkey Ham - None Tortilla - Gluten, Soy and Wheat	Shredded Cheese (1/4 cup) - 1g Turkey Ham (4 slices) - 1g Tortilla (1 each) - 26g
Turkey Salami and Provolone Cheese Sandwich	Cheese - Milk Hoagie Roll - Gluten, Soy and Wheat Turkey Salami - None	Cheese (1 slice) - 0g Hoagie Roll (1 each) - 42g Turkey Salami (4 slices) - 0g
Yogurt and Granola	Yogurt - Milk Granola - Eggs and Gluten	Yogurt (1 each) - 19g Granola (1 each) - 18g
Yakisoba with Chicken	Noodles - Gluten and Wheat Sauce - Fish, Gluten, Soy and Wheat Chicken - Soy	Yakisoba and Cabbage (1 cup) - 31g Chicken and Sauce (1/2 cup) - 8g