

Summer Allergens and Carbohydrate Counts | Lunch | Parks

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
Hummus, Cheese and Crackers	Hummus - Sesame Cheese - Milk Wheat Thins - Corn, Gluten and Wheat	Hummus (1 each) - 11g Cheese (2 each) - 2g Wheat Thins (1 package, 1.75 oz) - 35g
Lunch Pack - Chicken Jerky, Crackers and Cheese	Chicken Jerky - Corn, Gluten Cheese - Milk Wheat Thins - Corn, Gluten and Wheat	Chicken Jerky (1 package) - 7g Cheese (2 each) - 2g Wheat Thins (1 package, 1.75 oz) - 35g
Lunch Pack - Crackers, Cheese and Sunflower seeds	Crackers - Corn, Gluten and Wheat Sunflower Seeds - None Cheese - Milk	Crackers (1 package, 1.0oz) - 19g Sunflower Seeds (1 package) - 10g Cheese (2 each) - 2g
Milk	Milk	0% Chocolate (1 cup) - 24g
PBJ and Cheese	PBJ - Gluten, Peanuts, Soy and Wheat Cheese - Milk	PBJ - 32g Cheese (2 each) - 2g
Taco Salad with Beans and Tortilla Chips	Bean Dip - None Shredded Cheese - Milk Shredded Lettuce - None Tomatoes - None Tortilla Chips - Corn	Bean Dip (1 each) - 13g Shredded Cheese (1/2 cup) - 2g Shredded Lettuce (1 cup) - 2g Tomatoes (5 each) - 3g Tostitos Tortilla Chips (1 each) - 18g Tortilla Chips (13 each) - 11g

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Menu Item	Allergens	Carbohydrate Count
Turkey Ham and Cheese Sandwich	Hoagie Bun - Corn, Gluten, Soy and Wheat Turkey Ham - None Cheese - Milk Tomato - None Mayo - Corn, Eggs and Soy Mustard - None	Hoagie Bun - 42g Cheese (2 slice) - 1g Turkey Ham (2 slices) - 0g Tomato - (2 slices) - 1g Mayo (1 Packet) - 0g Mustard (1 Packet) - 0g
Turkey Sandwich	Hoagie Bun - Corn, Gluten, Soy and Wheat Turkey - None Tomato - None Mayo - Corn, Eggs and Soy Mustard - None	Hoagie Bun - 42g Turkey (4 slices) - 4g Tomato - (2 slices) - 1g Mayo (1 Packet) - 0g Mustard (1 Packet) - 0g
Yogurt and Granola	Yogurt - Milk Granola - None	Yogurt (2 each, Yoplait) - 42g Granola (2 each) - 30g