

# Summer Allergens and Carbohydrate Counts | Breakfast | Schools

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
Apple Cinnamon Oatmeal Round	Egg, Gluten, Milk, Soy, and Wheat	1 Each - 39g
Applesauce Cup	None	1 Each (peach/plain) - 14g
Bagel Stick with Cream Cheese	Bagel Stick - Gluten and Wheat Cream Cheese - Milk	Bagel Stick (1 each) - 32g Cream Cheese (1 each) - 1g
Blueberry Muffin	Egg, Gluten, Milk, Soy, and Wheat	1 Each - 38.5g
Blueberry Pomegranate Breakfast Bar	Egg, Gluten and Wheat	1 Each - 38g
Breakfast Breads	Corn, Egg, Gluten, Milk, Soy, and Wheat	Cinnamon Crumble - 47g Pumpkin/Lemon - 44g
Breakfast Scone - Gluten Free	Milk	1 Each - 26g
Cereal	Blueberry/Cinnamon Chex - None Honey Cheerios - Corn	Blueberry/Cinnamon Chex - 45g Honey Cheerios - 44g
Cinnamon Swirl Bun	Corn, Egg, Gluten, Sesame, Soy, and Wheat	1 Each - 48g
Dried Fruit	None	Craisins (1 each) - 27g Pears (1 each) - 33g
Egg, Cheese and Turkey Sausage Calzone	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 21g
Egg and Cheese Filled Hashbrown	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 24g
Egg and Cheese on an English Muffin	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 26g
French Toast Sticks	Corn, Egg, Gluten, Milk, Soy, and Wheat	2 Each - 38g
Juice	None	Tropical Twist/Fruit Punch (1 each) - 21g Apple (1 each, 4oz) - 14g Fruit Punch (1each, 4oz) - 15g
Milk	Milk	1% Plain (1 cup) - 11g
Mini Pancakes	Egg, Gluten, Milk, Soy, and Wheat	1 Package - 37g

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Menu Item	Allergens	Carbohydrate Count
Bean and Cheese Nachos	Seasoned Beans - None Cheese - Milk Tortilla Chips - Corn	Beans (1/2 cup) - 22g Tortilla Chips (13 each) - 11g Shredded Cheese (1/2 cup) - 2g
Cheese Lasagna	Corn, Egg, Gluten, Milk and Wheat	1 Each - 62.5g
Cheeseburger	Beef Patty - None Cheese - Milk Hamburger Bun - Gluten, Soy and Wheat	Beef Patty - 0g Cheese (1 slice) - 0g Hamburger Bun - 29g
Chicken and Cheese Enchiladas with Verde Sauce	Enchiladas - Corn, Milk and Soy Enchilada Sauce - Corn	Enchiladas and Sauce (2 each) - 31g
Chicken and Cheese Enchilada Empanada	Corn, Gluten, Milk, Soy and Wheat	1 Each - 32g
Chicken Filet Sandwich	Chicken - Corn, Gluten, Milk, Soy and Wheat Hamburger Bun - Gluten, Soy and Wheat	Chicken - 17g Hamburger Bun - 29g
Chicken Tenders	Corn, Gluten, Milk, Soy and Wheat	3 Each - 18g
Chicken with Korean BBQ or Teriyaki Sauce with Veggie Dumplings and Brown Rice	Chicken and BBQ Sauce - Corn, Sesame and Soy Teriyaki Chicken - Corn and Soy Rice - None Dumplings - Corn, Gluten, Sesame Soy and Wheat	Chicken and BBQ Sauce - (1/2 cup) - 32g Teriyaki Chicken - (1/2 cup) - 30g Rice (1/2 cup) - 23g Dumplings (3 each) - 16.5g
Green Chile and Cheese Tamale	Tamale - Corn, Milk	1 Each - 32g
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
Mozzarella and Parmesan Cheese Garlic Bread	Gluten, Milk, Soy and Wheat	1 Each - 30g

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Menu Item	Allergens	Carbohydrate Count
Mozzarella Breadsticks with Marinara	Breadsticks - Gluten, Milk, Soy 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	Pancakes - Eggs, Gluten, Milk, Soy and Wheat Chicken Sausage - None	Pancakes (2 each) - 30g Chicken Sausage (2 links) - 0g
Pasta with Marinara and Mozzarella	Pasta - Gluten and Wheat Mozzarella - Milk Marinara - None	Pasta with Marinara and Cheese (1 cup) - 42g
PBJ, Cheese and Crackers	PBJ - Gluten, Peanuts, Soy and Wheat Cheese - Milk Wheat Thins - Corn, Gluten and Wheat	PBJ - 32g Cheese (2 each) - 2g Wheat Thins (1 package, 1.75 oz) - 35g
Pizza	Corn, Gluten, Milk, Soy, and Wheat	Cheese/Pepperoni (1 slice) - 38g
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
Yogurt and Granola	Yogurt - Milk Granola - None	Yogurt (2 each, Yoplait) - 42g Granola (2 each) - 30g

## Summer Allergens and Carbohydrate Counts | Condiments and Snacks

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BBQ Sauce	Corn	2T - 13g
Cheese	Cheese - Milk	Cheese (2 each) - 2g
Chex Mix	Corn, Gluten, Milk, Soy and Wheat	1 Package - 20g
Chicken Jerky	Corn, Gluten	1 Package - 7g
Crackers	Cheez-Its - Gluten, Milk, Soy and Wheat Goldfish Crackers - Gluten, Milk, Soy and Wheat Wheat Thins - Corn, Gluten and Wheat	Cheez-Its (1 package) - 14g Goldfish Crackers (1 package) - 14g Wheat Thins (1 package) - 35g
Dried Fruit	None	Cranberries (1 each) - 25g Pears (1 each) - 33g
Hummus	Sesame	1 each - 11g
Ketchup	None	2 T - 6g
Mayonnaise	Eggs and Soy	2T - 0g
Milk	Milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g
Slushies	None	Berry (1 each) - 19g Raspberry (1 each) - 15g Tropical (1 each) - 20g
Strawberry Fruit Cup	None	1 Each - 22g
Sunflower Seeds	None	1 package - 10g
Tortilla Chips	Corn	Tostitos Tortilla Chips (1 each) - 18g Tortilla Chips (13 each) - 11g
Yogurt and Granola	Yogurt - Milk Granola - None	Yogurt (1 each, Yoplait) - 21g Granola (1 each) - 15g