

Allergens and Carbohydrate Counts | 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, 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
Apple Cinnamon Muffin	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 43g
Applesauce Cup	None	1 Each - 14g
Bagel Bites with Cream Cheese	Corn, Egg, Gluten, Milk, Sesame, Soy, and Wheat	1 Package - 29g
Canned Fruit	None	Diced Pears - 1/2c = 14g Diced Peaches in Extra Light Syrup - 1/2c = 16g Unsweetened Applesauce - 1/2c = 18g
Cereal	Blueberry/Cinnamon Chex - None Honey Cheerios - Corn	Blueberry/Cinnamon Chex - 45g Honey Cheerios - 44g
Chicken and Waffle Sandwich	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 20g
Dried Fruit	None	Pears (1 package) - 33g Raisins (1 box) -
French Toast Sticks	Corn, Egg, Gluten, Milk, Soy, and Wheat	2 Each - 38g
Ham and Cheese Croissant	Egg, Gluten, Milk, Soy, and Wheat	1 Each - 27g
Juice	None	Apple (1 each) - 14g Very Berry (1 each) - 17g Grape (1 each) - 20g
Waffles	Egg, Gluten, Milk, Soy, and Wheat	Waffles (Maple) - 29g Waffle (Liege) - 34g
Milk	Milk	1% Plain (1 cup) - 13g Skim Plain (1 cup) - 13g
Mini Pancakes	Egg, Gluten, Milk, Soy, and Wheat	1 Package - 37g 1 Package (Apple) - 29g
Vanilla Cream filled Breadstick	Corn, Gluten, Milk, Soy, and Wheat	1 Each - 35g