

Allergens and Carbohydrate Counts | Elementary and Middle School Lunch

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 |
|---------------------------------|--|--|
| Bean and Cheese Burrito | Tortilla - Corn, Gluten and Wheat Beans - Corn Cheese - Milk | Tortilla - 29g Beans (1/2 cup) - 24g Cheese (1/2 cup) - 2g |
| Bean and Cheese Pupusa | Corn and Milk | 1 Each - 34g |
| Bean and Cheese Nachos | Beans - None Cheese - Milk Tortilla Chips - Corn | Beans (1/2 cup) - 24g Tortilla Chips (13 each) - 11g Shredded Cheese (1/2 cup) - 2g |
| Beef, Bean and Cheese Burrito | Tortilla - Corn, Gluten and Wheat Taco Beef - None Beans - Corn Cheese - Milk | Tortilla - 29g Taco Beef (1/4 cup) - 1g Beans (1/2 cup) - 24g Cheese (1/4 cup) - 1g |
| Birria and Cheese Pupusa | Corn and Milk | 1 Each - 28g |
| Cheese Sandwich | Bread - Corn, Gluten, Soy and Wheat Cheese - Milk | Bread (2 slices) - 28g Cheese (3 slices) - 1g |
| Cheeseburger or Hamburger | Beef Patty - None Cheese - Milk Hamburger Bun - Gluten and Wheat | Beef Patty - 1g Cheese (1 slice) - 0g Hamburger Bun - 29g |
| Chicken Tamale | Corn | 1 Each - 31g |
| Cheese Tortellini with Marinara | Tortellini - Gluten, Milk and Wheat Marinara - None | 18 each - 70g |
| Chicken and Vegetable Dumplings | Corn, Gluten, Sesame, Soy and Wheat | Dumplings (6 each) - 31g |

Allergens and Carbohydrate Counts | Elementary and Middle School Lunch

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 |
|---|--|---|
| Chicken Filet Sandwich | Chicken - Corn, Gluten, Milk, Soy and Wheat Hamburger Bun - Gluten and Wheat | Chicken - 17g Hamburger Bun - 29g |
| Chicken Tenders | Corn, Gluten, Milk and Wheat | 3 Each - 21g |
| Garlic Mozzarella Breadsticks | Breadsticks - Gluten, Milk, Soy and Wheat Marinara - None | Breadsticks (2 each) - 30g Marinara Sauce (2T) - 3g |
| Green Chile and Cheese Tamale | Corn and Milk | 1 Each - 32g |
| Grilled Cheese Pull Apart | Corn, Gluten, Milk and Wheat | 1 Each - 30g |
| Grilled Cheese Sandwich with Tomato White Bean Bisque | Sandwich - Gluten, Milk, Soy and Wheat Tomato Soup - None | Sandwich (1 each) - 32g Soup (1/2 cup) - 9g |
| Orange Chicken with Brown Rice | Chicken - Corn, Eggs, Gluten, Soy and Wheat Rice - None | Orange Chicken - (1/2 cup) - 19g Rice (1 cup) - 46g |
| Pancakes with Chicken Sausage with Berry Compote | Pancakes - Corn, Eggs, Gluten, Milk, Soy and Wheat Chicken Sausage - None Berry Compote - Corn | Pancakes (2 each) - 32g Chicken Sausage (4 links) - 0g Berry Compote (1/4 cup) - 7g |
| Pasta with Marinara and Mozzarella or Meatballs | Pasta - Gluten and Wheat Mozzarella - Milk Marinara - None Meatballs - None | Pasta, Marinara and Cheese (1 cup) - 42g Pasta, Marinara and Meatballs (1 cup) - 43g |
| PBJ, Cheese and Crackers | PBJ - Gluten, Peanuts and Wheat Cheese - Milk Cheez Its - Gluten, Milk, Soy and Wheat | PBJ (1 each, 2.6oz) - 32g Cheese - 1g Cheez Its (1 package) - 14g |
| Pizza | Corn, Gluten, Milk, Soy, and Wheat | Cheese/Pepperoni (1 slice) - 38g |

Allergens and Carbohydrate Counts | Elementary and Middle School Lunch

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 |
|---|--|--|
| Teriyaki Chicken or Tofu with Brown Rice | Teriyaki Chicken - Corn and Soy Teriyaki Tofu - Corn and Soy Rice - None | Teriyaki Chicken - (1/2 cup) - 30g Teriyaki Tofu - (1/2 cup) - 12g Rice (1 cup) - 46g |
| Turkey and Cheese Sandwich | Bread - Corn, Gluten, Soy and Wheat Turkey - None Cheese - Milk | Bread (2 slices) - 28g Turkey (2 slices) - 2g Cheese (2 slices) - 0.5g |
| Turkey Chili with Cheese and Tortilla Chips | Turkey Chili - None Cheese - Milk Tortilla Chips - Corn | Turkey Chili (1/2 cup) - 20g Tortilla Chips (13 each) - 11g Shredded Cheese (1/4 cup) - 1g |
| Yakisoba Noodles with Tofu or Chicken | Tofu - Corn and Soy Chicken - Corn and Soy Noodles - Gluten, Soy and Wheat | Tofu - (1/2 cup) - 12g Chicken - (1/2 cup) - 11g Noodles (1 cup) - 55g |
| Yogurt and Granola | Yogurt - Corn and Milk Granola - None | Yogurt (2 each) - 32g Granola (2 each) - 30g |