

Allergens and Carbohydrate Counts | Snack

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
Applesauce Cup	None	1 Each - 14g
Cheddar Goldfish	Gluten, Milk and Wheat	1 Package - 14g
Cheese Stick	Milk	Mozzarella (1 each) - 2g Colby Jack (1 each) - 0g
Cheez Its	Gluten, Milk, Soy and Wheat	1 Package - 14g
Chicken Jerky Stick	None	1 Each - 1g
Cinnamon Toast Crackers	None	1 Each - 19g
Pretzel Goldfish	Gluten, Milk and Wheat	1 Package - 16g
Sunflower Seeds	None	1 Package - 6g
Tortilla Chips	Corn	13 Each - 11g
Yogurt and Granola	Yogurt - Corn and Milk Granola - None	Yogurt (1 Each) - 16g Granola (1 Each) - 15g