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	Cheese - Milk Seasoned Beans - Corn Tortilla - Corn, Gluten and Wheat	Cheese (1/2 cup) - 2g Seasoned Beans - (1/2 cup) - 33g Tortilla - 29g
Bean and Cheese Nachos	Seasoned Beans - Corn Shredded Cheese - Milk Tortilla Chips - Corn	Seasoned Beans - (1/2 cup) - 33g Shredded Cheese (1/2 cup) - 2g Tortilla Chips (13 each) - 11g
Bean and Cheese Pupusa	Corn and Milk	1 Each - 34g
Beef, Bean and Cheese Burrito	Cheese - Milk Seasoned Beans - Corn Taco Beef - None Tortilla - Corn, Gluten and Wheat	Cheese (1/4 cup) - 1g Seasoned Beans - (1/2 cup) - 33g Taco Beef (1/4 cup) - 2g Tortilla - 29g
Birria and Cheese Pupusa	Corn and Milk	1 Each - 28g
Cheeseburger/Hamburger	Beef Patty - None Cheese Slice - Milk Hamburger Bun - Gluten and Wheat	Beef Patty - 1g Cheese Slice - 0g Hamburger Bun - 27g
Cheese Pizza Bites	Gluten, Milk and Wheat	4 Each - 30g
Cheesy Garlic Twists	Gluten, Milk, Soy and Wheat	2 Each - 30g
Chicken Dumplings with Vegetarian Fried Rice	Dumplings - Corn, Gluten, Sesame, Soy and Wheat Fried Rice - Corn and Soy	Dumplings - 4 Each - 21g Fried Rice (1/2 cup) - 23g
Chicken Sandwich	Chicken - Corn, Gluten and Wheat Hamburger Bun - Gluten and Wheat	Chicken - 14g Hamburger Bun - 27g

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Menu Item	Allergens	Carbohydrate Count
Chicken Tenders	Corn, Gluten and Wheat	2 Each - 18g
Orange Chicken with Brown Rice	Chicken - Corn, Egg, Gluten, Soy, and Wheat Rice - None	Chicken and Sauce (1/2 cup) - 19g Rice (1 cup) - 46g
Pancakes and Chicken Sausage	Pancakes - Corn, Eggs, Gluten, Milk, Soy and Wheat Sausage - None	Pancakes (2 Each) - 30g Sausage (2 Each) - 0g
PBJ, String Cheese and Cheez-It Crackers	Cheeze-It - Gluten, Milk, Soy and Wheat PBJ - Corn, Gluten, Peanuts and Wheat String Cheese - Milk	Cheeze-It (1 Package) - 14g PBJ (1 Each) - 32g String Cheese (1 Each) - 2g
Pizza	Corn, Gluten, Milk, Soy, and Wheat	Cheese/Pepperoni (1 slice) - 38g
Rotini Pasta with Meatballs	Meatballs - None Pasta and Marinara - Gluten and Wheat	Meatballs (5 Each) - 2g Pasta and Marinara (1 cup) - 50g
Rotini Pasta with Mozzarella	Mozzarella - Milk Pasta and Marinara - Gluten and Wheat	Pasta, Cheese and Marinara (1 cup) - 52g
Turkey Chili with Cheese and Tortilla Chips	Turkey Chili - Corn Cheese - Milk Tortilla Chips - Corn	Turkey Chili (1/2 cup) - 20g Tortilla Chips (13 each) - 11g Shredded Cheese (1/4 cup) - 1g
Yogurt, String Cheese and Granola	Granola - None String Cheese - Milk Yogurt - Corn and Milk	Granola (2 each) - 30g String Cheese (1 Each) - 2g Yogurt (1 Each) - 16g

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