Allergens and Carbohydrate Counts | High 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 Pupusa	Corn and Milk	1 Each - 34g
Birria and Cheese Pupusa	Corn and Milk	1 Each - 28g
Buffalo Chicken Bites	Gluten, Milk and Wheat	4 Each - 30g
Burrito Bar	Brown Rice - None Seasoned Beans - Corn Seasoned Chicken - Corn Shredded Cheese - Milk Shredded Lettuce - None Taco Beef - None Tortilla - Corn, Gluten and Wheat Tortilla Chips - Corn	Brown Rice - (1/4 cup) - 11.5g Seasoned Beans (1/4 cup) - 16.5g Seasoned Chicken (1/4 cup) - 1g Shredded Cheese (1/4 cup) - 1g Shredded Lettuce (1/4 cup) - 1g Taco Beef (1/4 cup) - 2g Tortilla - 29g Tortilla Chips (26 each) - 22g
Cheeseburger/Hamburger	Beef Patty - None Cheese Slice - Milk Hamburger Bun - Gluten and Wheat	Beef Patty - 1g Cheese Slice - 0g Hamburger Bun - 27g
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
Chicken Tenders with Onion Rings	Chicken - Corn, Gluten and Wheat Onion Rings - Corn, Gluten, Milk and Wheat	Chicken (2 Each) - 18g Onion Rings (2 Each) - 13g
Korean-Style Chicken with Brown Rice	Chicken - Corn, Eggs, Gluten, Sesame, Soy, and Wheat Rice - None	Chicken and Sauce (1/2 cup) - 19g Rice (1 cup) - 46g

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Menu Item	Allergens	Carbohydrate Count
Lemon Chicken with Brown Rice	Chicken - Corn, Egg, Gluten, Soy, and Wheat Rice - None	Chicken (1/2 cup) - 20g Rice (1 cup) - 46g
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
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	**1 Slice** Cheese/Pepperoni - 38g Pepperoni and Sausage - 40g Pepperoni and Pineapple - 43g
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
Sichuan Chicken with Brown Rice	Chicken - Corn, Gluten, Sesame, Soy, and Wheat Rice - None	Chicken (1/2 cup) - 11g Rice (1 cup) - 46g
Turkey Chili with Cheese and Tortilla Chips	Turkey Chili - Corn Cheese - Milk Tortilla Chips - Corn	Turkey Chili (1/2 cup) - 20g Tortilla Chips (26 each) - 22g 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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