Allergens and Carbohydrate Counts | Condiments and Sides

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
BBQ Beans	Soy	1/4 cup - 16g
Balsamic Dressing	None	2T - 1g
BBQ Sauce	Soy	2T - 10g
Berry Compote	Corn	1/4 cup - 7g
Canned Fruit	None	**1/2 cup serving** Diced Pears - 14g Pineapple - 22g Diced Peaches - 16g Applesauce - 18g
Dragon Dressing	Soy	2T - 4g
Frozen Fruit Cups	None	**1 Each** Apricot - 32g Mixed Berry - 22g Peach - 19g Strawberry - 22g
Garbanzo Bean Salad	None	1/4 cup - 11g
Ketchup	None	1T - 4g
Mashed Potatoes	Milk	1/2 cup - 14g
Milk	Milk	1% Plain (1 cup) - 13g 0% Chocolate (1 cup) - 23g
Sour Cream	Milk	2T - 1g
Sriracha	None	2T - 2g
Sweet Thai Chili Sauce	None	2T - 14g
Taco Sauce	Corn	1T - 5g

This institution is an equal opportunity provider.