Allergens and Carbohydrate Counts | Breakfast

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
Apple Cinnamon Muffin	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 43g
Applesauce Cup	None	1 Each - 14g
Bagel Bites with Cream Cheese	Corn, Egg, Gluten, Milk, Sesame, Soy, and Wheat	2 Each - 29g
Blueberry Waffle	Egg, Gluten, Milk and Wheat	1 Each - 36g
Canned Fruit	None	**1/2 cup serving** Diced Pears - 14g Diced Peaches - 16g Applesauce - 18g
Chicken Sausage Stuffed Waffle	Corn, Egg, Gluten, Milk and Wheat	1 Each - 23g
Cinnamon Chex	None	1 Each - 46g
Cinnamon Roll	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 34g
Cinnamon Toast Crunch	Gluten, Soy, and Wheat	1 Each - 44g
Croissant	Egg, Gluten, Milk and Wheat	1 Each - 28g
Dried Fruit	None	Raisins (1 Each) - 22g Apple Crisps (1 Each) - 9g
French Toast Sticks	Corn, Egg, Gluten, Milk, Soy, and Wheat	2 Each - 38g
Honey Cheerios Cereal	Corn	1 Each - 44g
Juice - Apple, Orange and Fruit Punch	None	1 Each - 15g
Liege Waffle	Egg, Gluten, Milk, Soy, and Wheat	1 Each - 34g

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Menu Item	Allergens	Carbohydrate Count
Maple Cream Breakfast Bar	Corn, Gluten, Milk and Wheat	1 Each - 38g
Milk	Milk	1% Plain (1 cup) - 13g Skim Plain (1 cup) - 13g
Mini Pancakes	Egg, Gluten, Milk, Soy, and Wheat	1 Bag - 37g
Strawberry Croissant	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 24g
Vanilla Cream Filled Breadstick	Corn, Gluten, Milk, Soy, and Wheat	1 Each - 35g
Yogurt and Granola	Yogurt - Corn and Milk Granola - None	Yogurt (1 Each) - 16g Granola (1 Each) - 15g