

PPS Nutrition Services provides menu information with carbohydrate counts and the following major allergens which are required by federal labeling laws: *milk, eggs, sh, 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](mailto:nutritionservices@pps.net).

Menu Item	Allergens	Carbohydrate Count
Bean and Cheese Burrito		

# Allergens and Carbohydrate Counts | Elementary and Middle School Lunch

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Menu Item	Allergens	Carbohydrate Count
Chicken Filet Sandwich	Chicken - Corn, Gluten, Milk, Soy and Wheat Hamburger Bun - Gluten, Soy and Wheat	Chicken - 17g Hamburger Bun - 29g
Chicken Jerky, Crackers and Sunflower Seeds	Chicken Jerky - Corn, Gluten Wheat Thins - Corn, Gluten and Wheat Zee Zees Crackers - Gluten, Soy and Wheat Sunflower Seeds - None	Chicken Jerky (1 package) - 7g Wheat Thins (1 package) - 35g Zee Zees Crackers (1 package) - 15g Sunflower Seeds (1 package) - 10g
Chicken Tenders	Corn, Gluten, Milk, Soy and Wheat	3 Each - 18g
Green Chile and Cheese Tamale	Tamale - Corn, Milk	Tamale (1 each) - 32g
Mozzarella Breadsticks with Marinara	Breadsticks - Gluten, Milk, Soy and Wheat Marinara - None	Breadsticks (2 each) - 28g Marinara Sauce (2T) - 3g
Orange Chicken with Brown Rice	Chicken - Corn, Egg, Gluten, Soy and Wheat Rice - None	Orange Chicken - (1/2 cup) - 19g Rice (1 cup) - 46g
Pancakes with Chicken Sausage with Berry Compote	Pancakes - Eggs, Gluten, Milk, Soy and Wheat Chicken Sausage - None Berry Compote - Corn	Pancakes (2 each) - 30g Chicken Sausage (2 links) - 0g Berry Compote (1/4 cup) - 7g
Pasta with Marinara and Mozzarella	Pasta - Gluten and Wheat Mozzarella - Milk Marinara - None	Pasta with Marinara and Cheese (1 cup) - 42g
PBJ	PBJ - Gluten, Peanuts, Soy and Wheat	PBJ (1 each 5.3 oz.) - 64g
Philly Cheesesteak Sandwich	Hoagie Bun - Corn, Gluten, Soy and Wheat Steak - Corn Cheese - Milk and Soy	Hoagie Bun - 42g Steak - 4g Cheese (2 slices) - 2g
Pizza	Corn, Gluten, Milk, Soy, and Wheat	Cheese/Pepperoni (1 slice) - 38g

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