

Allergens and Carbohydrate Counts | Salads, Sides and Condiments

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	Corn	1/4 cup - 16-18g
BBQ Sauce	Corn	2T - 13g
Berry Compote	Corn	1/4 cup - 7g
Black Bean and Corn Salad	Corn	1/4 cup - 13g
Canned Fruit	None	Diced Pears - 1/2c = 14g Pineapple in 100% juice - 1/2c = 22g Diced Peaches in Extra Light Syrup - 1/2c = 16g Unsweetened Applesauce - 1/2c = 18g
Chili Lime Corn Salad	Corn, Egg and Soy	1/4 cup - 10g
Cilantro Lime Slaw	Milk	1/4 cup - 3g
Cinnamon Glazed Carrots	Milk	1/2 cup - 10g
Coleslaw	Eggs , Milk and Soy	1/4 cup - 4g
Cucumber Salad	Gluten, Sesame, Soy and Wheat	1/4 cup - 2g
Ketchup	None	2 T - 6g
Kimchi	None	2 Ounces - 2g
Korean BBQ Mushrooms	Corn, Gluten, Sesame, Soy and Wheat	1/2 cup - 7g
Mayonnaise	Eggs and Soy	2T - 0g
Milk	Milk	1% Plain (1 cup) - 11g 0% Chocolate (1 cup) - 21g
Pineapple Salsa	None	1/4 cup - 12g
Roasted Broccoli	None	1/4 cup - 3g
Roasted Potatoes	None	1/2 cup - 15g

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Menu Item	Allergens	Carbohydrate Count
Salad Dressings	Dragon Dressing - Gluten, Soy and Wheat Balsamic Vinaigrette - None Citrus Pear Vinaigrette - None	Dragon Dressing (2T) - 4g Balsamic Vinaigrette (2T) - <1g Citrus Pear Vinaigrette (2T) - 6g
Salsa	None	2T - 2g
Sour Cream	Milk	2 T - 1g
Sriracha	None	2T - 2g
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