

# 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](mailto:nutritionservices@pps.net).

Menu Item	Allergens	Carbohydrate Count
Applesauce Cup	None	1 Each (peach/plain) - 14g
Apple Cinnamon Oatmeal Round	Egg, Gluten, Milk, Soy, and Wheat	1 Each - 39g
Bagel Stick with Cream Cheese	Bagel Stick - Gluten and Wheat Cream Cheese - Milk	Bagel Stick (1 each) - 32g Cream Cheese (1 each) - 1g
Blueberry Muffin	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 38.5g
Breakfast Bar	Egg, Gluten and Wheat	Blueberry Pomegranate (1 each) - 38g Oatmeal Cranberry (1 each) - 36g
Breakfast Breads	Egg, Gluten, Milk, Soy, and Wheat	Banana - 46.5g Cinnamon Crumble - 47g Pumpkin/Lemon - 44g
Canned Fruit	None	Diced Pears - 1/2c = 14g Diced Peaches in Extra Light Syrup - 1/2c = 16g Unsweetened Applesauce - 1/2c = 18g
Cereal	Blueberry/Cinnamon Chex - None Honey Cheerios - Corn	Blueberry/Cinnamon Chex - 45g Honey Cheerios - 44g
Chicken and Waffle Sandwich	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 20g
Chicken Sausage and Scrambled Eggs	Chicken Sausage - None Scrambled Eggs - Egg, Milk and Soy	Chicken Sausage (2 links) - 0g Scrambled Eggs (1/4c) - 2g
Chicken Sausage Biscuit Sandwich	Corn, Gluten, Milk, Soy, and Wheat	1 Each - 13g
Cinnamon Crumble	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 44g

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Dried Fruit	None	Cranberries (1 each) - 25g Pears (1 each) - 33g
Egg and Cheese Filled Hashbrown	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 24g
French Toast Sticks	Corn, Egg, Gluten, Milk, Soy, and Wheat	2 Each - 38g
Juice	None	Apple (1 each) - 14g Orange (1 each) - 15g
Maple Waffles	Egg, Gluten, Milk, Soy, and Wheat	2 Waffles - 29g
Milk	Milk	1% Plain (1 cup) - 11g
Mini Pancakes	Egg, Gluten, Milk, Soy, and Wheat	1 Package - 37g
Sunrise Muffin	Corn, Egg, Gluten, Milk, Soy, and Wheat	1 Each - 45g
Yogurt and Granola	Yogurt - Corn and Milk Granola - None	Yogurt (1 each) - 21g Granola (1 each) - 15g