

# 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, soy beans, 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
Apple Sausage Pancakes		1 (1/2) - 14
Apple Sausage Pancakes	Fish, Lactose	1 - 3
Apple Sausage Pancakes	Fish, Lactose	(1) - 32 (1) - 1
Apple Sausage Pancakes	Fish, Lactose	1 - 3
Apple Sausage Pancakes	Fish, Lactose	- 4 - 4 - 44
Apple Sausage Pancakes		- 1/2 • 14 T - 1/2 • 1
Apple Sausage Pancakes	Fish, Lactose	- 4 - 44
Apple Sausage Pancakes	Fish, Lactose	1 - 20
Apple Sausage Pancakes	Fish, Lactose	(2) - 0 (1/4) - 2
Apple Sausage Pancakes	Fish, Lactose	1 - 13
Apple Sausage Pancakes		(1) - 2 (1) - 33

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Menu Item	Allergens	Carbohydrate Count
French Toast	Milk, Eggs, Wheat/Gluten	1 slice - 24g
French Toast	Milk, Eggs, Wheat/Gluten	2 slices - 30g
French Toast	Milk, Eggs, Wheat/Gluten	1 slice (1/2) - 14g 1 slice (1/2) - 14g
French Toast	Milk, Eggs, Wheat/Gluten	2 slices - 24g
French Toast	Milk, Eggs, Wheat/Gluten	1% Milk (1/2) - 11g
French Toast	Milk, Eggs, Wheat/Gluten	1 slice - 30g
French Toast	Milk, Eggs, Wheat/Gluten	1 slice (1/2) - 21g 1 slice (1/2) - 14g