



# Allergens and Carbohydrate Counts | High School Lunch

: *milk, eggs, fish, tree nuts, peanuts, wheat/gluten, soybeans, and sesame.*

503-916-3399

Menu Item	Allergens	Carbohydrate Count
Ethiopian Simmer Sauce with Brown Rice and Garbanzo Beans	Simmer Sauce/Garbanzo Beans - None Rice - None	Garbanzo Beans and Sauce (1/2 cup) - 27g Rice (1 cup) - 46g
Kung Pao Chicken with Brown Rice	More information coming soon	More information coming soon
Mango Chicken with Brown Rice	More information coming soon	More information coming soon
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
Pasta with Marinara and Mozzarella	Pasta - Gluten and Wheat Mozzarella - Milk Marinara - None	Pasta with Marinara and Cheese (1 cup) - 42g
PBJ, Cheese and Crackers	PBJ - Gluten, Peanuts, Soy and Wheat Cheese - Milk Wheat Thins - Corn, Gluten and Wheat	PBJ (1 each, 2.6 oz.) - 32g PBJ (1 each 5.3 oz.) - 64g Cheese (2 each) - 2g Wheat Thins (1 package) - 35g
Philly Cheesesteak Sandwich	More information coming soon	More information coming soon
Pizza	Corn, Gluten, Milk, Soy, and Wheat	<b>S e g s e - 1 S c e</b> Cheese/Pepperoni/Margherita- 38g Pepperoni and Sausage/Basil Garlic Chicken Pepperoni, Sausage and Olive - 40g Pepperoni and Pineapple/ Tomatoes, Peppers, Olives and Onions - 43g

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Teriyaki Chicken with Brown Rice	Teriyaki Chicken - Corn and Soy Rice - None	Teriyaki Chicken - (1/2 cup) - 30g Rice (1 cup) - 46g
Thai Chicken Curry with Brown Rice	More information coming soon	More information coming soon
Turkey Sandwich	Hoagie Bun - Corn, Gluten, Soy and Wheat Turkey - None	Hoagie Bun - 42g Turkey (4 slices) - 4g
Yogurt and Granola	Yogurt - Corn and Milk Granola - None	Yogurt (2 each, Yoplait) - 42g Granola (1 each) - 15g