

Allergens and Carbohydrate Counts | High School Lunch

PPS N S
 :
 .T
 PPS N S .M
 N S
 503-916-3399 @

Menu Item	Allergens	Carbohydrate Count
BB P	M	M
B B7	B -N C -C B -N B, -C B, -N C -M L -N C -C -C	B - (1/4,) - 11.5 C (1/4,) - 0 B (1/4,) - 1 B, (1/4,) - 12 B, (1/4,) - 11 C (1/4,) - 1 L (1/4,) - 1 C (26,) - 22 - 29
C L7, 7	C, E, M	1 E - 62.5
C 7	H B -C C -M	H B - 42 C (3,) - 1
C B7	B P -N C -M H B - B, -N	B P - 0 C (1,) - 0 H B - 29 B, (1,) - 1
C B7 P, 7 C	P, C -M B, C -C -	B, P, C - 31 B, C (1/4,) - 10 (2,) - 28
C 7 T, 7 D B,	D -C -N	D (6,) - 31 (1/2,) - 23
C 7	C -C, M H B -	C - 17 H B - 29

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Menu Item	Allergens	Carbohydrate Count
C. J. C7. 7	C. J. -C 7. -C C7. - -N	C. J. (1 7. 7.) -7 7. (1 7. 7.) -35 C7. (1 7. 7.) -15 7. (1 7. 7.) -10
C. M7. P. 7.	C. M M7. P. 7. -M	3 E. -18 M7. P. 7. (1/2.) -17
E. 7. B. 7. B. 7.	7. / 7. B. 7. -N -N	7. B. 7. 7. (1/2.) -27 (1.) -46
K. P7. C. B.	C. -C. E. -N	K. P7. C. -(1/2.) -11 (1.) -46
M. 7. 7. B. 7. M7. 7. 7.	B. 7. - M M7. 7. 7. -N	B. 7. (2. 7.) -28 M7. 7. 7. (2.) -3
O7. C. B.	C. -C. E. -N	O7. C. -(1/2.) -19 (1.) -46
P7. 7. M7. 7. 7. M. 7. 7.	P7. 7. - M. 7. 7. -M M7. 7. 7. -N	P7. 7. M7. 7. 7. C. (1.) -42
PBJ	PBJ- , P. 7. 7. 7.	PBJ (1. 7. 5.3) -64
P. C. 7. 7.	H. 7. B. -C. 7. -C. C. -M. 7.	H. 7. B. -42 7. -4 C. (2.) -2

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R 7	C, M, 7, 7	-1 C, /P, /M, 7-38 P, 7, 7, /B, 7, C P, 7, 7, 7, O, -40 P, 7, P, 7, /, 7, P, O, 7, O, -43
7, M, P, 7, 7	-N M, P, 7, -C, M, 7 -C, M, 7, 7 7, -7, 7, 7	(1/2,)-0 M, P, 7, (1/2,)-15 (1/4,)-5 7, (2, 7,)-28
7, C, B,	7, C, -C, 7 -N	7, C, -(1/2,)-30 (1,)-46
B, 7, C, 7, C,	C, -C 7, C, -C	C, (1,)-40 7, C, (26, 7,)-22
7, C, 7	H, 7, B, -C, 7, 7 -N C, -M	H, 7, B, -42 (2,)-2 C, (2,)-0.5
H, 7, C, 7	H, 7, B, -C, 7, 7 H, -N C, -M	H, 7, B, -42 (2,)-2 C, (2,)-0.5
7, 7	-C, 7, M 7, -N	(2, 7, 7,)-42 7 (1, 7,)-15