

**HEB Child Nutrition
2016-2017
Carbohydrate Allergen List**

CONDIMENTS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Barbecue Sauce, PC	1 ea	40	10				X				
Dressing, Ranch, Light, PC	1 ea	60	7	X	X						
Dressing, Italian, Fat Free, PC	1 ea	5	1								
Gravy, Chicken	2 oz	35	7	X		X	X				
Gravy, Cream*	2 oz	30	8	X		X	X				
Honey Mustard, PC	1 ea	132	7		X		X				
Jam, Strawberry, PC	1 ea	30	8								
Jelly, Grape, PC	1 ea	35	9								
Ketchup, PC	1 ea	10	2								
Margarine Cups, PC	1 ea	30	0	X			X				
Mayonnaise, Light, PC	1 ea	40	1		X		X				
Mustard, PC	1 ea	0	0								
Olives, Black	2 Tbsp	25	1								
Peppers, Jalapeno sliced	1 oz	5	0								
Pickle, Dill Slices	4 slices	1.2	6								
Sauce, Picante (Salsa)	2 Tbsp	10	3								
Sauce, Marinara	2 oz	46	7								
Syrup, PC	1 ea	80	20								
DAIRY PRODUCTS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-Fish
Milk, Low Fat (1%), Unflavored	1/2 pt	110	13	X							
Milk, Fat Free, Unflavored, Skim	1/2 pt	80	12	X							
Milk, Fat Free, Chocolate	1/2 pt	120	20	X							
Sour Cream	1 oz	60	1	X							
Yogurt, Vanilla, Bulk	1 c	210	132	X							
Yogurt, Strawberry/Banana, 4oz	1 ctn	100	20	X							
Yogurt, Raspberry, 4oz	1 ctn	100	20	X							

* Contains Pork