

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

<b>ENTRÉE MENU ITEM</b>	<b>SVG SIZE</b>	<b>Calories</b>	<b>CHO</b>	<b>Milk</b>	<b>Egg</b>	<b>Wheat</b>	<b>Soy</b>	<b>Pea-nuts</b>	<b>Tree Nuts</b>	<b>Fish</b>	<b>Shell-fish</b>
Bento Meal											
• Yogurt Dip	1/2 cup	108	22	X							
• Wow Butter	1 oz	200	8				X				
• Apple Slices, IW	1 pkg	30	7								
• Celery Sticks	1/4 cup	3	2								
• Muffin 4oz, WG, IW, Variety	1 ea	380	32	X	X	X	X				
Breakfast on a Stick, WG	1 ea	200	17		X	X	X				
Breakfast Sandwich											
• Canadian Bacon Ham	1 sl	30									
• Egg Patty	1 patty	50	1	X	X		X				
• Cheese, Sliced	1 sl	35	1	X							
• Bun, Hamburger, WG	1 ea	140	28			X					
Calzone, Cheese, WG (Elem)	1 ea	379	42	X		X	X				
Calzone, Pepperoni, WG (Elem)*	1 ea	380	42	X		X	X				
Calzone, Cheese, WG (JH/HS)	1 ea	424	42	X		X	X				
Calzone, Pepperoni, WG (JH/HS)*	1 ea	425	42	X		X	X				
Cheese, Cubes, Cheddar	1 pkg	90	0	X							
Cheese, Stick, Cheddar, RF, IW	1 oz	110	1	X							
Cheese, String, Mozzarella, IW	1 oz	80	1	X							
Chicken Alfredo	1 cup	346	38	X	X	X	X				
Chicken Fried Steak Patty, WG	1 ea	300	16			X					
Chicken, Orange, Breaded, WG	3/4 c	308	28			X	X				
Chicken, Popcorn, WG	12 pc	260	16			X	X				
Chicken., Roasted	1 ea	166	0								
Chicken Strips w/ Mandarin Orange Sauce	1/3 cup	146	14			X	X				
Chicken, w/ Sweet & Sour Cherry Sauce, Breaded, WG	1/3 cup	200	27		X	X					
Chicken, Sweet Asian											
Chicken Tenders WG (EL)	3 ea	242	14			X	X				
Chicken Tenders, WG (JH/HS)	3 ea	280	16			X	X				
Chili Pie											
• Chili w/ Meat	1 cup	191	25			X	X				
• Corn Chips, Red Fat, WG	1.5 oz	214	30								
• Cheese, Shredded	0.5 oz	35	1	X							
Corn Dog, Turkey, WG	1 ea	280	31	X	X	X	X				
Eggs, Scrambled, w/ Bacon/Cheese*	2 oz	120	1	X	X						
Eggs, Scrambled, w/ Cheese	2 oz	118	3	X	X						
Enchilada, Beef	2 ea	438	58	X			X				
Enchilada, Cheese	2 ea	395	44	X			X				
Fish Nuggets, WG	4 ea	220	20			X	X			X	
Fruit & Cheese Meal											
• Strawberries	1/2 cup	23	6								
• Grapes	1/4 cup	15	4								
• Yogurt Dip	1/2 cup	108	22	X							
• Cheddar Cheese Stick	1 ea	90	0	X							
• Muffin 4oz, WG, IW, Variety	1 ea	380	32	X	X	X	X				
Fruit & Cheese Plate											
• Strawberries	1/2 cup	23	6								
• Grapes	1/4 cup	15	4								
• Yogurt Dip	1/2 cup	108	22	X							
• Cheddar Cheese Stick	1 ea	90	0	X							
• Muffin 2oz, WG, IW, Variety	1 ea	190	32	X	X	X	X				
• Granola, WG	1 oz	129	20				X				
Hamburger											
• Beef Hamburger Patty	1 ea	150	2				X				
• Bun, Hamburger, WG	1 ea	140	28			X					

\* Contains Pork

WG is Whole Grain

IW is Individually Wrapped

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Hamburger w/ Cheese											
• Beef Hamburger Patty	1 ea	150	2				X				
• Cheese, American Sliced	1 sl	35	1	X			X				
• Bun, Hamburger, WG	1 ea	140	28			X					
Lasagna	1 sv	391	40	X	X	X	X				
Macaroni & Cheese RF, WG	6 oz	290	31	X	X	X					
Nachos, Beef & Cheese											
• Taco Meat	2 oz	77	2			X	X				
• Cheese, Sauce	3 oz	138	4	X			X				
• Tortilla Nacho Chips, WG	2oz	291	34				X				
Pizza, Breakfast, Sausage, WG	1 ea	210	26	X		X	X				
Pizza, Fiestada, WG	1 ea	340	39	X		X	X				
Pizza, Stuffed Crust Wedge, Cheese, WG	1 slice	370	38	X		X	X				
Pizza, Stuffed Crust Wedge, Pepperoni, WG	1 slice	370	38	X		X	X				
Pizza, Supreme, WG (JH/HS)	1 slice	400	34	X		X	X				
Pizza, 16", Cheese, WG - Primo (JH/HS)	1 slice	370	36	X		X	X				
Pizza, 16", Pepperoni, WG - Primo (JH/HS)	1 slice	370	36	X		X	X				
Potato, Baked, Loaded (Elem)											
• Potato, Baker, 6 oz	1 ea	160	36								
• Bacon Bits	0.5 oz	52	1								
• Cheese, Shredded	1 oz	70	2	X							
Potato, Baked, Loaded (JH/HS)											
• Potato, Baker, 6oz	1 ea	160	36								
• Bacon Bits	1 oz	120	2								
• Cheese, Shredded	1 oz	70	2	X							
Salad, Chef w/ Turkey/Ham/Cheese											
• Salad Greens	2 cups	45	10								
• Turkey, Strips	2 oz	56	0								
• Ham, Strips	1 oz	34	0.5								
• Cheese, Shredded	0.5 oz	35	1	X							
Salad, Chef w/ Bacon Bits/Cheese											
• Salad Greens	2 cup	46	9								
• Bacon Bits, Turkey	1 oz	120	2								
• Cheese, Shredded	1 oz	71	2	X							
Salad, Mixed Greens w/ Popcorn Chicken											
• Mixed Greens Salad	2 cup	53	18								
• Popcorn Chicken, WG	12 pc	260	16			X	X				
Salad, Crispy Chicken (JH/HS)											
• Salad Greens	2 cup	46	8								
• Chicken Tenders, WG	3 ea	244	15			X	X				
• Bacon Bits, Turkey	0.5 oz	60	1								
Salad, Southwest											
• Tortilla Nacho Chips, WG	1oz	141	17								
• Taco Meat	2oz	69	2			X	X				
• Cheese, Shredded	1 oz	70	2	X							
• Spanish Rice, WG	1/2 cup	132	24	X			X				
• Mexican Salad	1/2cup	18	4								
Salad, Buffalo Chicken (JH/HS)											
• Salad Greens	2 cup	26	7.6								
• Spicy Chicken Popcorn, WG	12 pc	271	18.3			X	X				
• Cheese, Shredded	0.5 oz	35	0	x							
Sandwich, Breaded Chicken											
• Chicken, Patty, Breaded, WG	1 ea	260	16			X	X				
• Bun, Hamburger, WG	1 ea	140	28			X					

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Sandwich, Chicken Fried Steak											
● Chicken Fried Steak, WG	1 ea	300	16			X					
● Bun, Hamburger, WG	1 ea	140	28			X					
Sandwich, Crispy Chicken (JH/HS)											
● Chicken, Breast Filet, WG	1 ea	230	14			X	X				
● Bun, Hamburger, WG	1 ea	140	28			X					
Sandwich, Grilled Cheese, WG (EL)	1 ea	367	32	X		X	X				
Sandwich, Hot/Spicy Chicken (JH/HS)											
● Chicken, Patty, Hot' n Spicy, WG	1 ea	230	15								
● Bun, Hamburger, WG	1 ea	140	28			X					
Sandwich, Ham/Cheese on Sub Bun											
● Ham	5 slices	84	1								
● Swiss Cheese	1 slice	45	0.5	X							
● Sub Bun, WG	1 bun	160	28	X	X	X	X				
Sandwich, Turkey/Ham/Cheese on Sub Bun											
● Turkey	3 slices	56	0								
● Ham	3 slices	51	0.5								
● Swiss Cheese	1 slice	45	0.5	X							
● Sub Bun, WG	1 bun	160	28	X	X	X	X				
Sausage & Biscuit, WG w/ Cream Gravy											
● Sausage	1 ea	60	0								
● Biscuit, WG	1 ea	210	27	X		X					
● Cream Gravy	2 oz	45	6	X	X	X	X				
Sausage & Cheese Biscuit Sandwich											
● Sausage	1 ea	60	0								
● Cheese, American Sliced	1 sl	35	1	X			X				
● Biscuit, WG	1 ea	210	27	X		X					
Sausage, Turkey Patty	1 ea	60	0								
Sausage Roll, WG *	2 ea	360	34	X	X	X	X				
Spaghetti w/ Meatsauce											
● Spaghetti Noodles	1/2 cup	124	22		X	X					
● Meatsauce	4 oz	185	10			X	X				
Steak Fingers, Beef, WG	4 ea	290	16			X					
Taco Snack (EL)	1 ea	350	38	X		X	X				
Taco Snack w/ Cheese Sauce (JH/HS)											
● Taco Snack	1 ea	350	38	x		x	x				
● Cheese Sauce	2 oz	87	3	x							
Turkey Tetrazzini	2/3 cup	243	26	X	X	X	X				
Yogurt Parfait, Blueberry w/ Granola & Muffin											
● Yogurt	1 cup	210	41	x			X				
● Blueberries, sweetened	1/4 cup	38	8								
● Granola, WG	1 oz	129	20				X				
● Muffin 2oz, WG, IW, Variety	1 ea	365	60	X	X	X	X				
Yogurt Parfait, Mand. Orange w/ Granola & Muffin											
● Yogurt	1 cup	210	41	x							
● Mandarin Oranges	1/4 cup	25	7								
● Granola, WG	1 oz	129	20				X				
● Muffin 2oz, WG, IW, Variety	1 ea	365	60	X	X	X	X				
Yogurt Parfait, Strawberry w/ Garnola & Muffin											
● Strawberries, sweetened	1/4 cup	13	4								
● Granola, WG	1 oz	129	20				X				
● Muffin 2oz, WG, IW, Variety	1 ea	365	60	X	X	X	X				
Wrap, Buffalo Chicken, WG	1 ea	413	43	X		X	X				

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