

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

FRT/VEG ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Canned/Frozen Fruits & Veggies											
Applesauce, Strawberry, IW	1 ea	60	15								
Black Beans	1/2 c	111	19								
Beans, Baked, Vegetarian	1/2 c	155	31								
Beans, Pinto	1/2 c	110	21								
Broccoli, Crunchy Bake	1/2 c	45	5								
Broccoli, Steamed	1/2 c	28	5								
California Blend Vegetables	1/2 c	25	5								
Corn (canned)	1/2 c	80	17								
Craisins, Blueberry	1 pkg	110	28								
Craisins, Cherry	1 pkg	110	28								
Craisins, Strawberry	1 pkg	110	28								
Edamame	1/4 c	62	5				X				
Fruit, Mixed Tropical Blend	1/2 c	77	20								
Garbanzo Beans	1/4 c	65	10								
Green Beans, canned	1/2 c	26	5								
Juice, Apple											
• 4 oz	1 ctn	60	14								
• 6 oz	1 ctn	80	20								
Juice, Fruit Blend, 4 oz	1 ctn	60	14								
Juice, Orange											
• 4 oz	1 ctn	60	12								
• 6 oz	1 ctn	80	20								
Juice, Frozen Cup (Strwb/Mango)	1 ea	90	22								
Juice, RIPS	1 ea	110	28								
Kidney Beans	1/4 c	55	10								
Mandarin Oranges w/Grapes	1/2 c	70	18								
Mandarin Oranges	1/2 c	50	13								
Peaches, sliced	1/2 c	50	12								
Pears, sliced w/ Cherry	1/2 c	64	17								
Peas, Green	1/4 c	38	7								
Peas & Carrots	1/2 c										
Pineapple Tidbits w Cherry	1/2 c	75	18								
Pineapple Tidbits w/ Kiwi	1/2 c	72	17								
Potato, French Fries	about 12	139	20								
Potato, Mashed	1/2 c	72	15.5	X							
Plantains	1/4 c	110	22	X	X	X	X				
Raisels, Orange	1 pkg	130	35								
Raisels, Watermelon	1 pkg	140	34								
Salad, Black Bean & Corn	1/2 c	137	26								
Salad, Black Bean & Corn/Pico	1/2 c	78	15								
Salad, Chickpea	1/2 c	208	32								
Corn & Edamame Salad	1/2 c	103	10								
Sonoma Blend Vegetables	1/2 c	40	7								
Sugar Snap Peas w/ Carrots	1/2 c	41	5								
Sweet Potato Fries, Chef Cut	3 oz	130	22								
Sweet Potato, Sticks, Raw	1/2 c	88	10.4								
Winter Blend Vegetables	1/2 c	27	4.3								

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Fresh Fruits/Veggies											
Apples, Gala	1 ea	81	21								
Apples, Golden Delicious	1 ea	81	21								
Apples, Fuji	1 ea	81	21								
Apples, Granny Smith	1 ea	81	21								
Apples, Red Delicious	1 ea	81	21								
Bananas, regular	1 ea	109	28								
Beet Sticks	1/4 c	20	4.5								
Broccoli (fresh)	1/2 c	15	2								
Broccoli & Cauliflower (fresh)	1/4 c	6	1								
Cabbage, Shredded	1/4 c	4	1								
Cantaloupe	1/2 c	46	11								
Cantaloupe, garnish Blueberries	1/2 c	59	14								
Carrots, baby, 2.6oz (1W)	1 pkg	26	6								
Carrots, shredded	1/8 c	6	1.4								
Cauliflower, (fresh)	1/4 c	6	1.2								
Celery Sticks (1/2" by 4")	~3 stks	6	1.2								
Cucumbers, sliced	1/4 c	5	1.1								
Grapefruit, Wedges	1/2 ea	46	12								
Grapes, Seedless	1/2 c	52	15								
Honeydew	1/2 c	60	15								
Jicama, sticks	1/4 c	43	4								
Lettuce, Iceberg	1/2 c	6	1.3								
Lettuce, Romaine	1/2 c	5	1								
Lettuce, Romaine & Spinach	1/2 c	6	1.1								
Onion, Red	1/8 c	6	1.5								
Oranges	1 ea	62	15								
Pear, Fresh	1 ea	84	21								
Pepper, Bell (Green/Red) sliced	1/4 c	6	1.5								
Salad, Burger	1/2 c	20	4.7								
Salad, Garden	1/2 c	14	3								
Salad, Mexican	1/2 c	18	3.8								
Salad, Pico De Gallo	1/2 c	12	3.1								
Spinach, (fresh)	1/2 c	8	1.3								
Squash, Yellow, Slices	1/4 c	7	1.4								
Squash, Zucchini, Slices	1/4 c	6	1								
Sugar Snap Peas, fresh	1/4 c	20	3.6								
Strawberries	1/2 c	37	9								
Tomato, Cherry	1/4 c	7	1.5								
Tomato, (sliced - 1/8" thick)	1/8 c	8	2								
Watermelon	1/2 c	45	11.4								