

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

GRAIN MENU ITEMS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Bagel, Strawberry/Cream Cheese, WG, IW	1 pkg	240	41	X		X					
Biscuits, WG	1 ea	210	27	X		X	X				
Breadstick, Apple-filled, WG	1 ea	200	38			X					
Cereal, bowlpak:											
Cheerios, WG	1 ea	100	20								
Cinnamon Toast Crunch, WG	1 ea	110	22			X	X				
Cocoa Puffs, WG	1 ea	110	25								
Corn Flakes, WG, Frosted	1 ea	100	24			X					
HoneyNut Cheerios, WG	1 ea	110	22			X	X				
Mini Wheat, Frosted, WG	1 ea	100	24			X	X				
Mini Wheat, Frosted, WG, Chocolate	1 ea	100	23			X	X				
Cereal, Pouch/On-the-Go											
Apple Jacks, WG	1 pkg	110	24			X	X				
Cinnamon Toast Crunch, WG	1 pkg	110	22			X	X				
Froot Loops, WG	1 pkg	110	24			X	X				
Frosted Flakes, WG	1 pkg	100	24			X	X				
Golden Grahams, WG	1 pkg	100	24			X					
Kraves Smores, WG	1 pkg	110	21		X	X	X				
Cinnamon Roll, WG	1 ea	260	37	X	X	X	X		X		
Cinnamon Roll, Mini Cinnis, WG, IW	1 pkg	280	40	X		X					
Cookie, Breakfast, WG, UBR	1 ea	270	44	X	X	X	X	X	X		
Cookie, Carnival, WG	1 ea	100	17	X	X	X	X				
Cookie, Chocolate Chip, WG	1 ea	100	17	X	X	X	X				
Cookie, Double Chocolate, WG	1 ea	104	18	X	X	X	X				
Concha, WG, IW	1 ea	190	33	X	X	X					
Corn Chips, Reduced Fat, WG	1 oz	140	20								
Cornbread	1 slice	127	23	X	X	X	X				
French Toast, Minis, WG, IW	1 pkg	210	37	X	X	X	X				
Muffins, Banana, 2oz, RF, WG IW	1 ea	170	29		X	X	X				
Muffins, Blueberry, 2oz, RF, WG IW	1 ea	190	30		X	X	X				
Muffins, Chocolate Chip, 2oz, RF, WG, IW	1 ea	190	32	X	X	X	X				
Muffins, Banana, 4oz, RF, WG IW	1 ea	380	62		X	X	X				
Muffins, Blueberry, 4oz, RF, WG, IW	1 ea	350	58		X	X	X				
Pancakes, WG, 1.14oz/ea	2 ea	140	28		X	X	X				
Pancakes, Mini, Maple, WG IW	1 pkg	210	35	X	X	X	X				
Pop Tart, Strawberry, WG	1 ea	180	38			X	X				
Pretzel	1 ea	140	30			X					
Rice, Asian, WG	#8 scoop	105	21	X			X				
Rice, Spanish, WG	#8 scoop	136	24	X			X				
Roll, WG, 1.25oz (Elem)	1 ea	90	15	X	X	X	X				
Roll, WG, 2.25oz (JH/HS)	1 ea	160	27	X	X	X	X				
Stuffing, Cornbread	1/2cup	120	25	X		X	X				
Toast, WG, Buttered	1 ea	80	15	X	X	X					
Toast, WG, Cinnamon	1 ea	102	16	X	X	X					

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Toast, Garlic	1 ea	138	22	X	X	X					
Toast, Texas	1 ea	120	22	X	X	X					
Tortilla Chips RF, WG, Bulk	2oz	291	34								
Waffle Sticks w/ Strawberries & Cream, WG											
• Waffle Sticks	4 sticks	230	37								
• Strawberries, frozen, sweetened	1/4 c	73	20								
• Whip Topping	1 tsp	5	1								
Waffle Sticks, WG	2 sticks	110	t	X	X	X	X				
Waffle, Dutch 5", WG	1 ea	305	44	X	X	X	X				
Waffle, Mini Maple, WG, IW	1 pkg	200	35	X	X	X	X				