

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

SNACK/BEVERAGE ITEMS	Serving Size	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
BEVERAGES FOR ALL											
Capri Sun:											
Apple Splash	6 oz	80	20								
Berry Breeze	6 oz	90	21								
Fruit Dive	6 oz	80	21								
Grape Tide	6 oz	90	100								
Juice, bottled:											
Juice, Apple	8 oz	110	26								
Juice, Orange	8 oz	120	29								
Junior and High School only											
IZZE, Sparkling Juice:											
Apple	8.4 oz	90	23								
Blackberry	8.4 oz	90	22								
Clementine	8.4 oz	90	21								
Grapefruit	8.4 oz	90	22								
Pomegranate	8.4 oz	90	22								
Fruit 66:											
Mixed Berry	8 oz	118	28								
Passionfruit Mango	8 oz	117	29								
Strawberry Melon	8 oz	119	28								
Tropical Fruit	8 oz	116	28								
High School only											
Gatorade G2:											
Fruit Punch	12 oz	30	7								
Glacier Freeze	12 oz	30	7								
Grape	12 oz	30	7								
Lemon Lime	12 oz	30	7								
Mixed Berry	12 oz	30	7								
Orange	12 oz	30	7								
Propel:											
Berry	16.9 oz	0	0								
Black Cherry	16.9 oz	0	0								
Grape	16.9 oz	0	0								
Lemon	16.9 oz	0	0								
Strawberry Kiwi	16.9 oz	0	0								
SNACKS FOR ALL											
Chips, IW											
Cheetos, Baked, Crunchy	1 ea	120	17	X							
Cheetos, Baked, Flamin Hot	1 ea	120	17	X							
Cheetos, Mellow Puffs	1 ea	90	14	X							
Cheetos, Flamin Hot Puffs	1 ea	90	14	X							
Doritos, RF Cooler Ranch	1 ea	130	19	X							
Doritos, RF Flamas	1 ea	140	20	X							
Doritos, RF Nacho Cheese	1 ea	130	20	X							
Doritos, RF Spicy/ Sweet Chili	1 ea	130	20			X	X				
Fantastix, Chili Cheese	1 ea	130	19	X							
Fantastix, Flamin Hot	1 ea	13	20	X							
Potato, Bkd, Original	1 ea	100	20				X				
Potato, Bkd, BBQ	1 ea	110	19	X		X	X				
Potato, Bkd, Cheddar/Sour Cream	1 ea	120	21	X			X				

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Potato, Bkd, Sour Cream/Onion	1 ea	100	18	X			X				
Snack Mix, Kids Mix	1 ea	100	17	X		X					
Snack Mix, Garden Salsa	1 ea	110	15	X		X					
Snack Mix, Harvest Cheddar	1 ea	110	15	X		X					
Crackers, IW											
Animal Crackers	1 ea	130	21			X	X				
Bug Bites	1 ea	120	21			X	X				
Cheez-It, Atomic	1 ea	90	15	X		X	X				
Cheez-It, Cheddar Loco	1 ea	100	14	X		X	X				
Disney Frozen Graham Snack	1 ea	140	22	X		X	X				
Elf Graham's, Chocolate	1 ea	120	20			X	X				
Elf Graham's, Cinnamon	1 ea	120	21			X	X				
Elf Graham's, Original	1 ea	120	21			X	X				
Goldfish, Cheddar	1 ea	100	14	X		X					
Graham's, Original	1 ea										
Graham Gripz, Chocolate Chip	1 ea	120	20	X		X	X				
Grain Bars											
Cereal, Cinnamon Toast Crunch	1 ea	150	30			X	X				
Cereal, Cocoa Puffs	1 ea	150	30			X	X				
Cereal, Golden Graham	1 ea	150	30			X	X				
Cereal, Trix	1 ea	150	30			X	X				
Granola, Chewy, Chocolate Chunk	1 ea	90	19	X		X	X		X		
Granola, Chewy, Cookie/Cream	1 ea	90	18	X		X	X		X		
Granola, Chewy, Maple Brown Sugar	1 ea	140	28	X		X	X		X		
Granola, Chewy, Oatmeal Raisin	1 ea	90	19	X		X	X		X		
Granola, Chewy, Smores	1 ea	90	19	X		X	X				
Nutrigrain Bar, Apple	1 ea	160	30	X		X	X				
Oatmeal, Butterscotch	1 ea	150	23	X	X	X	X				
Oatmeal, Chocolate Chip	1 ea	150	24	X	X	X	X				
Oatmeal, Double Chocolate	1 ea	150	24	X	X	X	X				
Rice Krispies, Apple Cinnamon	1 ea	140	27	X			X				
Rice Krispies, Berry	1 ea	140	27	X			X				
Rice Krispies, Chocolate	1 ea	150	27	X			X				
Rice Krispies, Mini, WG	1 ea	50	9	X			X				
Other Snacks											
Chex Mix, Cheddar	1 ea	110	20	X		X	X				
Chex Mix, Chocolate/Caramel	1 ea	120	21	X		X	X				
Chex Mix, Habanero Lime	1 ea	110	20			X	X				
Chex Mix, Hot/Spicy	1 ea	110	19	X		X	X				
Chex Mix, Strawberry Yogurt	1 ea	12	23	X		X	X				
Edamame, Lightly Salted	1 ea	130	10				X				
Edamame, Spicy Wasabi	1 ea	130	9				X				
Pirate's Booty	1 ea	130	19	X							
Popcorn, Kettle	1 ea	100	21	X			X	X	X		
Popcorn, Salted Caramel	1 ea	100	13.5	X							
Popcorn, White Cheddar	1 ea	100	14.5	X							
Pretzels, Hartzels	1 ea	80	15			X					