

**HEB Child Nutrition
2019-2020
Carbohydrate Allergen List**

| CONDIMENTS | SVG SIZE | Calories | CHO | Milk | Egg | Wheat | Soy | Pea-nuts | Tree Nuts | Fish | Shell-fish |
|---|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| Barbecue Sauce, PC | 1 oz | 40 | 9 | | | | | | | | |
| Cranberry Sauce, PC | 0.5 oz | 25 | 6 | | | | | | | | |
| Dressing, Balsamic (JH/HS) | 1 oz | 60 | 4 | | | | | | | | |
| Dressing, Caesar (JH/HS) | 1 oz | 55 | 1 | X | X | | | | | | |
| Dressing, Italian, PC | 12 gm | 10 | 2 | | | | X | | | | |
| Dressing, Raspberry Vinaigrette (JH/HS) | 1 oz | 30 | 7 | | | | | | | | |
| Dressing, Ranch, Light, PC | 1 oz | 60 | 7 | X | X | | X | | | | |
| Dressing, Ranch Light, PC (JH/HS) | 1.5 oz | 120 | 3 | X | X | | | | | | |
| Gravy, Chicken | 2 oz | 13 | 3 | X | | X | X | | | | |
| Gravy, Cream | 2 oz | 45 | 8 | X | X | | | | | | |
| Honey Mustard, PC | 1 oz | 52 | 5 | | X | | | | | | |
| Jelly, Asstd, PC | 1 ea | 35 | 7 | | | | | | | | |
| Ketchup, PC | 1 ea | 10 | 2 | | | | | | | | |
| Ketchup, Sriracha, PC | 1 ea | 10 | 42 | | | | | | | | |
| Margarine Cups, PC | 1 ea | 30 | 0 | X | | | X | | | | |
| Mayonnaise, Light, PC | 1 ea | 0 | 1 | | X | | X | | | | |
| Mustard, PC | 1 ea | 0 | 0 | | | | | | | | |
| Olives, Black | 2 Tbsp | 20 | 1 | | | | | | | | |
| Peppers, Jalapeno sliced | 1 oz | 5 | 1 | | | | | | | | |
| Pickle, Dill Slices | 4 slices | 1.2 | 0 | | | | | | | | |
| Pickle Relish, PC | 1 ea | 10 | 3 | | | | | | | | |
| Sauce, Picante (Salsa) | 2 Tbsp | 9 | 3 | | | | | | | | |
| Sauce, Marinara | 2 oz | 46 | 7 | | | | | | | | |
| Syrup, PC | 1 oz | 80 | 20 | | | | | | | | |
| Tartar Sauce, PC | 12 gm | 45 | 2 | | X | | | | | | |
| | | | | | | | | | | | |
| 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, FF, pc | 1 oz | 25 | 4 | X | | | | | | | |