

**HEB Child Nutrition  
2019-2020**

**Carbohydrate Allergen List**

<b>FRT/VEG 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>
<b>Canned/Frozen Fruits &amp; Veggies</b>											
Applesauce Cup, Mixed Berries	1/2 cup	50	14								
Applesauce Cup Strawberry/Banana	1/2 cup	67	19								
Bahamas Veg Blend	1/2 cup	30	5								
Beans, Baked, Vegetarian	1/2 cup	122	27								
Beans, Black	1/2 cup	102	21								
Beans, Ranch	1/2 cup	120	20								
Beans, Refried	1/2 cup	188	27								
Broccoli, Crunchy Bake	1/2 cup	62	7	X		X			X		
Broccoli, Steamed	1/2 cup	27	5								
California Blend Vegetables	1/2 cup	32	5								
Corn, Whole Kernel, Frozen	1/2 cup	70	16								
Craisins, Blueberry	1 pkg	110	28								
Craisins, Cherry	1 pkg	110	28								
Craisins, Strawberry	1 pkg	110	28								
Craisins, Watermelon	1 pkg	110	28								
Edamame	1/4 cup	62	5				X				
Garbanzo Beans	1/4 cup	65	10								
Germany(Bean/Carrot Medley)	1/2 cup	36	7								
Green Beans, Frozen	1/2 cup	28	5.5								
Hummus, Dip	1/4 cup	203	14								
Hummus, Dip	1/2 cup	408	28								
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, RIPS	1 ea	60	16								
Juice, Box- Shelf Stable (6.75oz)											
• Apple	1 ctn	100	25								
• Berry	1 ctn	100	26								
• Grape	1 ctn	130	33								
• Fruit Punch	1 ctn	100	25								
• Orange/Tangerine	1 ctn	100	25								
Mandarin Oranges w/Grapes	1/2 cup	109	18								
Mandarin Oranges	1/2 cup	88	23.3								
Mixed Vegetables	1/2 cup	60	11								
Peach Fruit Cup, frozen	1 ea	118	30								
Peaches, diced, cup, IW	1 ea	60	15								
Peaches, sliced	1/2 cup	50	12								
Pears, diced, cup, IW	1 ea	60	15								
Pears, sliced w/ Cherry	1/2 cup	80	10								
Peas, Green	1/4 cup	38	7								
Peas, Green and Carrots	1/2 cup	60	9								
Pacific Veg Blend	1/2 cup	36	6								
Pico De Gallo, Fresh	2 oz	15	3								
Pineapple Tidbits w/ Cherry	1/2 cup	71	21								
Pineapple Tidbits w/ Kiwi	1/2 cup	61	19								
Potato, French Fries	~12 pc	152	22								
Potato, Mashed	1/2 cup	80	17	X							
Potato, Sidewinder, Fries	~6 ea	141	24								

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Potato, Smiles	5 ea	173	27								
Raisels, Fiesta	1 pkg	150	36								
Raisels, Watermelon	1 pkg	155	39								
Raisins, IW	1 pkg	130	31								
Salad, Black Bean & Corn	1/2 c	96	21								
Salad, Black Bean & Corn/Pico	1/2 cup	106	23				X				
Salad, Chickpea	1/2 cup	172	23								
Salad, Corn & Edamame	1/2 cup	125	11				X				
Salad, Cucumber Chili Lime	1/2 cup	15	4								
Salad, Garden	1 cup	21	5								
Salad, Mixed Greens	1 cup	17	3.5								
Salad, Tossed	1 cup	22	5								
Spring Vegetable Blens	1/2 cup	26	4								
Sugar Snap Peas	1/2 cup	41	5								
Strawberry Fruit Cup, frozen	1/2 cup	81	21								
Sweet Potato Fries, Chef Cut	~12 pc	146	25								
Tater Bucks	~12 pc	156	19								
<b>Fresh Fruits/Veggies</b>											
Apples, Sliced, (IW)	1 pkg	30	7								
Apples, Gala	1 ea	75	20								
Apples, Golden Delicious	1 ea	75	20								
Apples, Fuji	1 ea	75	20								
Apples, Granny Smith	1 ea	75	20								
Apples, Red Delicious	1 ea	75	20								
Bananas, regular	1 ea	90	23								
Beet Sticks	1/4 cup	20	4.5								
Broccoli (fresh)	1/2 cup	11	2								
Broccoli & Cauliflower (fresh)	1/4 cup	6	1								
Cabbage, Shredded	1/4 cup	4	1								
Cantaloupe	1/2 cup	46	11								
Cantaloupe/Honeydew	1/2 cup	57	14								
Carrots, baby, 2.6oz (IW)	1 pkg	26	7								
Carrots, shredded	1/8 cup	12	3								
Cauliflower, (fresh)	1/4 cup	6	1.2								
Celery Sticks (1/2" by 4")	~3 stks	6	1.2								
Cucumbers, sliced	1/4 cup	5	1.1								
Grapes, Seedless	1/2 cup	57	15								
Honeydew	1/2 cup	72	15								
Jicama, sticks	1/2 cup	29	7								
Lettuce, Iceberg	1/2 cup	6	1.3								
Lettuce, Romaine	1/2 cup	5	1								
Lettuce, Romaine & Spinach	1/2 cup	6	1.1								
Onion, Red	1/8 cup	6	1.5								
Oranges	1 ea	60	15								
Pear, Fresh	1 ea	84	21								
Pepper, Bell (Green/Red) sliced	1/4 cup	6	1.5								
Radish, sliced	1/8 cup	3	1								
Salad, Burger	1/2 cup	20	4.7								
Salad, Mexican	1/2 cup	18	3.8								
Salad, Pico De Gallo	1/2 cup	12	3.1								
Spinach, (fresh)	1/2 cup	8	1.3								
Squash, Yellow, Slices	1/4 cup	6	1								
Squash, Zucchini, Slices	1/4 cup	6	1								
Sugar Snap Peas, fresh	1/4 cup	20	3.6								

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Strawberries	1/2 cup	37	9								
Sweet Potato, Sticks, Raw	1/4 cup	43	10								
Tomato, Cherry	1/4 cup	4.5	1								
Tomato, (sliced - 1/8" thick)	1/8 cup	8	2								
Watermelon	1/2 cup	45	11.4								