

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

ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Bacon, Turkey, Slices	2 slices	40	0								
Baked Ziti	3/4 cup	367	32	X	X	X	X				
Breakfast on a Stick, WG	1 ea	200	17		X	X	X				
Breakfast Taco											
• Eggs w/Cheese	1/4 cup	118	3	X	X						
• Bacon Strip	1 ea	20	0								
• Flour Tortilla	1 ea	80	13			X					
BBQ Sandwich											
• Sliced Beef BBQ	1/2 cup	230	21								
• Bun, Hamburger, WG	1 ea	140	28			X					
Buffalo Crunchers, WG	4 ea	531	41	X		X	X				
Calzone, Cheese, WG (Elem)	1 ea	340	33	X		X	X				
Calzone, Pepperoni, WG (Elem)*	1 ea	280	31	X		X	X				
Calzone, Cheese, WG (JH/HS)	1 ea	425	42	X		X	X				
Calzone, Pepperoni, WG (JH/HS)*	1 ea	425	42	X		X	X				
Cheese Bites, Breaded	4 ea	263	27	X		X	X				
• Marinara Sauce	2 oz	46	7								
Cheese, Cubes, Cheddar	1 pkg	90	0	X							
Cheese, Stick, CoJack, RF, IW	1 oz	110	1	X							
Cheese, String, Mozzarella, IW	1 oz	60	1	X							
Chicken Alfredo	1 cup	344	38	X	X	X	X				
Chicken & Biscuit (Breakfast)											
• Chicken Nuggets	5 ea	128	8			X					
• Biscuit Easy Split	1 ea	210	29	X		X					
Chicken & Waffle (Breakfast)											
• Chicken Nuggets	5 ea	128	8			X					
• Waffle Round, WG	1 ea	90	14	X	X	X	X				
Chicken, Crispy (Breaded) Pieces (JH/HS)	1 sv	215	11		X	X					
Chicken Drumstick	1 ea	190	5			X					
Chicken Fried Steak, Beef	1 ea	300	16			X	X				
Chicken Nuggets, Minis, WG	10 ea	258	15			X					
Chicken, Popcorn, WG	12 pc	245	15			X	X				
Chicken, Roasted	1 ea	166	0								
Chicken Spaghetti	2/3 cup	280	26	X	X	X	X				
Chicken, w/ Sweet & Sour Cherry Sauce, Breaded, WG	1/3 cup	202	27		X	X					
Chicken, w/Tangerine Sauce, Breaded, WG	1/3 cup	192	26		X	X	X				
Chicken Tenders WG (EL)	3 ea	230	12			X	X				
Chicken Tenders, WG (JH/HS)	3 ea	280	16			X	X				
Corn Dogs, Minii, Chicken, WG	3 ea	130	11	X		X	X				
Corn Dog, Turkey, WG	1 ea	280	31	X	X	X	X				
Eggs, Scrambled, w/ Bacon/Cheese*	2 oz	120	1	X	X						
Eggs, Scrambled, w/ Cheese	2 oz	118	3	X	X						
Enchilada, Cheese w/ Enchilada Sauce	2 ea	399	32	X							

* Contains Pork
WG is Whole Grain
IW is Individually Wrapped

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

ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Fiesta Salad											
• Chili w/ Meat	1/2 cup	150	15.5				X				
• Rice, Brown, Steamed	1/2 cup	114	21.5								
• Corn Chips, Red Fat, WG	1 oz	140	20								
• Cheese, Shredded	0.5 oz	70	2	X							
• Lettuce, Chopped w/diced Tomatoes	1 cup	7	1.5								
Fish Nuggets, WG	4 ea	210	18			X	X			X	
Fish Sticks, Baja, WG	4 ea	240	19	X		X				X	
Frito Pie											
• Chili w/ Meat	1/2 cup	168	13				X				
• Corn Chips, Red Fat, WG	1 oz	140	20								
• Cheese, Shredded	0.5 oz	35	1	X							
Fruit & Cheese Plate											
• Strawberries	1/2 cup	23	6								
• Grapes	1/4 cup	15	4								
• Yogurt Dip	1/2 cup	108	22	X							
• CoJack Cheese Stick	1 ea	90	0	X							
• Muffin 2oz, WG, IW, Variety	1 ea	183	31	X	X	X	X				
• Granola, WG	1 oz	108	21			X					
Fruit & Cheese Plate 2											
• Apples, Sliced	1/2 cup	30	7								
• Grapes	1/4 cup	15	4								
• Yogurt Dip	1/2 cup	108	22	X							
• Cheddar Cheese Cubes	1 ea	90	0	X							
• Muffin 4oz, WG, IW, Variety	1 ea	385	62	X	X	X	X				
Fruit & Cheese Plate 3											
• Strawberries	1/4 cup	23	7								
• Apples, Sliced	1/2 cup	30	7								
• Yogurt Dip	1/2 cup	108	22	X							
• Cheddar Cheese Cubes	1 ea	90	0	X							
• Granola, WG	1 oz	108	22								
• Muffin 2oz, WG, IW, Variety	1 ea	183	31	X	X	X	X				
Grilled Cheese Sandwich	1 ea	340	34	X		X	X				
Hamburger											
• Beef Hamburger Patty	1 ea	150	2				X				
• Bun, Hamburger, WG	1 ea	140	28			X					
Hamburger w/ Cheese											
• Beef Hamburger Patty	1 ea	150	2				X				
• Cheese, American Sliced	1 sl	35	1	X							
• Bun, Hamburger, WG	1 ea	140	28			X					
Hot Dog											
• Hot Dog, Beef	1 ea	180	3								
• Bun, Hot Dog	1 ea	150	28	X		X					
• Chili Sauce w/Cheese Garnish (optional)	2 Tbsp	86	10	X		X					
Lasagna	1 sv	397	40	X	X	X	X				

* Contains Pork
WG is Whole Grain
IW is Individually Wrapped

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

ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Macaroni & Cheese RF, Side Dish	4 oz	200	22	X	X	X					
Macaroni & Cheese RF, Entrée	6 oz	290	31	X	X	X					
Mozzeralla Sticks, Breaded	6 ea	370	27	X		X					
• Marinara Sauce	2 oz	46	7								
Nachos, Beef & Cheese											
• Taco Meat	2 oz	87	2			X	X				
• Cheese, Sauce	3 oz	136	5.3	X							
• Tortilla Nacho Chips, WG	2oz	291	36								
Philly Beef & Cheese Pinwhell	1 ea	310	32	X		X	X				
Pizza, Bagel, Cheese Bitess	1 ea	210	26	X		X	X				
Pizza, Breakfast, Sausage, WG	1 ea	210	26	X		X	X				
Pizza Crunchers	4 EA	417	41	X		X					
Pizza, Fiestada, WG	1 ea	350	40	X		X	X				
Pizza Ripper, Garlic Cheese	1 ea	280	30	X		X	X				
Pizza Ripper, Pepperoni	1 ea	280	27	X		X	X				
Pizza, Stuffed Crust Wedge, Cheese, WG	1 slice	360	38	X		X	X				
Pizza, Stuffed Crust Wedge, Pepperoni, WG	1 slice	370	38	X		X	X				
Pizza, 16", Mega Meat, WG -(JH/HS)*	1 slice	409	41	X		X	X				
Pizza, 16", Buffalo, WG - (JH/HS)	1 slice	350	32	X		X	X				
Pizza, 16", Cheese, WG - (JH/HS)	1 slice	370	35	X		X	X				
Pizza, 16", Pepperoni, WG - (JH/HS)	1 slice	370	35	X		X	X				
Potato, Baked, Loaded											
• Potato, Baker, 6oz	1 ea	224	50								
• Bacon Crumbles	0.5 oz	83	0								
• Cheese, Shredded	1.5 oz	105	3	X			X				
Salad, Buffalo Chicken (JH/HS)											
• Salad Greens	2 cup	36	7								
• Spicy ChickenTenders, WG	12 pc	259	18			X	X				
• Cheese, Shredded	0.5 oz	35	1	X							
Salad, Chicken Caesar											
• Salad Greens	2 cup	22	4								
• Chicken Fajita Strips	2.8 oz	108	1.5				X				
• Parmesan Cheese, shredded	1 Tbsp	47	0	X							
• Croutons	1 oz	126	21	X		X					
• Caesar Dressing (offered on side)	2 oz	110	2	X	X						
Salad, Chef w/Chicken Fajita											
• Salad Greens	2 cup	46	9								
• Chicken Fajita	2.2 oz	89	2				X				
• Cheese, Shredded	1 oz	35	1	X							
Salad, Chef w/ Turkey/Ham/Cheese											
• Salad Greens	2 cups	45	10								
• Turkey, Strips	2 oz	56	0								
• Ham, Strips	1 oz	50	0.5								
• Cheese, Shredded	0.5 oz	35	1	X							
Salad, Crispy Chicken											
• Salad Greens	2 cup	46	8								
• Chicken Tenders, WG	3 ea	307	18			X	X				
• Cheese, Shredded	0.5 oz	35	1	X							

* Contains Pork

WG is Whole Grain

IW is Individually Wrapped

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

ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Sandwich, Breaded Chicken											
• Chicken, Patty, Breaded, WG	1 ea	267	16			X	X				
• Bun, Hamburger, WG	1 ea	140	28			X					
Sandwich, Club											
• Turkey	2 slices	37	0								
• Ham	2 slices	33	0								
• Bacon Strips	3 slice	60	0								
• American Cheese	1 slice	35	1	X							
• Sub Bun, WG	1 bun	170	33			X	X				
Sandwich, Crispy Chicken (JH/HS)											
• Chicken, Breast Filet, WG	1 ea	200	9			X	X				
• Bun, Hamburger, WG	1 ea	140	28			X					
Sandwich, Chicken Hot/Spicy (JH/HS)											
• Chicken, Patty, Hot' n Spicy, WG	1 ea	200	9			X	X				
• Bun, Hamburger, WG	1 ea	140	28			X					
Sandwich, Ham/Cheese											
• Ham	5 slices	84	1								
• Swiss Cheese	1 slice	45	0.5	X							
• Sub Bun, WG	1 bun	170	33			X	X				
Sandwich, Italian											
• Salami	2 slices	50	1								
• Pepperoni	2 slices	40	1								
• Ham	2 slices	34	0.5								
• American Cheese	1 slice	35	1	X							
• Sub Bun, WG	1 bun	170	33			X	X				
Sandwich, Turkey/Cheese											
• Turkey	5 slices	92	0								
• American Cheese	1 slice	35	1	X							
• Sub Bun, WG	1 bun	170	33			X	X				
Sandwich, Turkey & Ham Club											
• Turkey	2 slices	37	0								
• Ham	2 slices	33	0.4								
• Bacon, Turkey, Sliced	3 slices	60	0								
• American Cheese	1 slice	35	1	X							
• Sub Bun, WG	1 bun	170	33			X	X				
Sandwich, Turkey/Ham/Swiss											
• Turkey	3 slices	56	0								
• Ham	3 slices	51	0.5								
• Swiss Cheese	1 slice	45	0.5	X							
• Sub Bun, WG	1 bun	170	33			X	X				
Sandwich, Sausage & Biscuit, WG											
• Sausage	1 ea	60	0								
• Biscuit, WG	1 ea	210	27	X		X					
Sausage, Turkey Patty	1 ea	60	0								
Sausage Roll, WG	2 ea	340	56	X		X	X				
Sausage Roll, WG, IW (2.5oz)	1 ea	170	28	X	X	X	X				
Spaghetti w/ Meatsauce											
• Spaghetti Noodles	1/2 c	123	22		X	X					
• Meatsauce	4 oz	185	11				X				
Steak Fingers, Beef, WG	4 ea	290	16			X					

* Contains Pork
WG is Whole Grain
IW is Individually Wrapped

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

ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Taco Snack w/Cheese Dip											
• Taco Snack	1 ea	293	30	X		X	X				
• Cheese Sauce Dip	2 oz	95	4	X			X				
Wrap, Buffalo Chicken	1 ea	373	36	X		X	X				
Wrap, Chicken Caesar	1 ea	347	22	X	X	X	X				
Wrap, Chicken Fajita	1 ea	290	29	X		X	X				
Wrap, Turkey/Cheese	1 ea	321	27	X		X					
Wrap, Turkey Club	1 ea	323	27	X		X					
Yogurt Parfait, Blueberry w/ Granola & Muffin											
• Yogurt	1 cup	200	39	X							
• Blueberries, sweetened	1/4 cup	25	6								
• Granola, WG	1 oz	108	21			X					
• Muffin 2oz, WG, IW, Variety	1 ea	183	31	X	X	X	X				
Yogurt Parfait, Mand. Orange w/ Granola & Muffin											
• Yogurt	1 cup	200	39	X							
• Mandarin Oranges	1/4 cup	46	12								
• Granola, WG	1 oz	108	21			X					
• Muffin 2oz, WG, IW, Variety	1 ea	183	31	X	X	X	X				
Yogurt Parfait, Strawberry w/ Garnola & Muffin											
• Yogurt	1 cup	200	39	X							
• Strawberries, unsweetened	1/4 cup	45	12								
• Granola, WG	1 oz	108	21			X					
• Muffin 2oz, WG, IW, Variety	1 ea	183	31	X	X	X	X				
Yogurt, Go Big	1 ea	100	18	X							
Yogurt Cup, 4oz	1 ea	100	20	X							

* Contains Pork
WG is Whole Grain
IW is Individually Wrapped