

**HEB Child Nutrition
2022-2023
Carbohydrate Allergen List**

GRAIN MENU ITEMS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Bagel Filled Cream Cheese WG, Asstd Flavors	1 pkg	230	42	X		X					
Bar, Benefit WG, Asstd Flavors	1 pkg	280	48	X	X	X	X				
Bar, Breakfast Rounds WG, Asstd Flavors	1 pkg	280	39	X	X	X	X				
Biscuits Easy Split	1 ea	220	29	X		X					
Brownie, Chocolate LF	1 ea	160	31	X	X	X	X				
Cereal Bar Soft, Filled WG, Asstd Flavors	1 ea	260	44	X		X					
Cereal, bowlpak:											
Cheerios GF WG	1 ea	100	21								
Cheerios Honey GF WG	1 ea	120	22								
Chex Blueberry GF WG	1 ea	120	23								
Chex Cinnamon GF WG	1 ea	230	23								
Cinnamon Toast Crunch GF WG	1 ea	120	22			X	X				
Cocoa Puffs WG	1 ea	120	25								
Frosted Flakes WG	1 ea	110	24			X					
Golden Grahams WG	1 ea	110	23			X					
Lucky Charms GF WG	1 ea	110	23								
Trix WG	1 ea	110	24								
Cinnamon Roll WG	1 ea	240	38	X	X	X	X				
Cinnis Mini, WG, IW	1 ea	240	40	X		X					
Crescent Filled WG, Asstd Flavors	1 ea	240	37	X		X					
Donut w/Glaze	1 ea	311	38	X	X	X	X				
Donut Mini Rounds - Chocolate WG	1 pkg	320	45	X	X	X	X				
Donut Minis Powdered WG	1 pkg	270	41	X	X	X	X				
French Toast Bites WG	3 ea	190	19	X	X	X	X				
French Toast Cinnamon Glazed WG, IW	1 pkg	210	26	X	X	X	X				
French Toast Mini, Asstd Flavors WG	1 pkg	220	37	X	X	X	X				
French Toast Sticks WG	3 ea	260	42	X	X	X	X				
Frudel Asstd Flavors WG	1 ea	210	36	X		X					
Granola, Asstd Flavors, WG, IW	1 pkg	120	21								
Grahams, IW											
● Bug Bites	1 pkg	120	21			X	X				
● CrunchMania Cinnamon Bun	1 pkg	215	37	X		X	X				
● Gripz, Chocolate Chip	1 pkg	120	20	X		X	X				
● Scooby Doo	1 pkg	123	21			X	X				
● Tiger Grahams, chocolate	1 pkg	120	20			X	X				
● Tiger Grahams, original	1 pkg	120	21			X	X				
● Vanilla Chat Grahams	1 pkg	130	21	X		X	X				
Hushpuppies	3 ea	162	22	X	X	X	X				
Muffin, Banana, 2oz, RF, WG IW	1 ea	190	30		X	X	X				
Muffin, Blueberry, 2oz, RF, WG IW	1 ea	190	30		X	X	X				
Muffin, Chocolate Chip, 2oz, RF, WG, IW	1 ea	200	32	X	X	X	X				
Muffin, Choc Choc Chip, 2oz, RF, WG, IW	1 ea	190	33	X	X	X	X				
Muffin, Banana, 4oz, RF, WG IW	1 ea	380	61		X	X	X				
Muffin, Blueberry, 4oz, RF, WG, IW	1 ea	380	61		X	X	X				
Muffin, Chocolate Chip, 4oz, RF, WG, IW	1 ea	410	66	X	X	X	X				
Muffin, Choc Choc Chip, 4oz, RF, WG, IW	1 ea	390	63	X	X	X	X				
Nutrigrain Bar, Asstd Flavors	1 ea	160	30	X		X	X				
Oatmeal Bar, Strawberry	1 ea	140	23	X	X	X	X				

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Pancakes, WG, (Bulk) 1.14oz/ea	2 ea	140	28		X	X	X				
Pancakes, WG Asstd, IW	1 pkg	210	38	X	X	X	X				
PopTart, Blueberry, WG	1 pkg	180	37			X	X				
PopTart, Cinnamon, WG	1 pkg	190	38			X	X				
PopTart, Fudge, WG	1 ea	190	38			X	X				
PopTart, Strawberry, WG	1 ea	180	38			X	X				
Rice, Mexican, WG	1/2 cup	202	41								
Rice, Seasoned, WG	1/2 cup	191	36	X			X				
Rice, Brown, Steamed	1/2 cup	170	21								
Rice Krispies Treat, 1.41oz	1 ea	190	34	X			X				
Rice Krispies Treat, Chocolate Chip, 1.59oz	1ea	190	34	X			X				
Rice Krispies Treat, mini	1 ea	50	9	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				
Roll, Garlic Knot	1 ea	170	23	X		X	X				
Toast, WG, Buttered	1 ea	97	15	X		X	X				
Toast, WG, Cinnamon	1 ea	102	16	X		X	X				
Toast, Texas Garlic	1 ea	100	15	X		X	X				
Waffles w/ Strawberries & Cream, WG											
• Waffle Round, WG	2 ea	180	28	X	X	X	X				
• Strawberries, frozen, sweetened	1/4 cup	61	16								
• Whip Topping	1 tsp	4	1	X							
Waffle Eggoji	1 ea	90	15	X	X	X	X				
Waffle Round, WG	1 ea	90	14	X	X	X	X				
Waffle, Dutch 5", WG	1 ea	300	43	X	X	X	X				
Waffle, WG Asstd, IW	1 pkg	204	36	X	X	X	X				

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CONDIMENTS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Barbecue Sauce, PC	1 oz	40	10								
Boom Boom Sauce PC	1 oz	150	2		X						
Buffalo Dipping Sauce PC	1.5 oz	5	1								
Cranberry Sauce, PC	0.5 oz	25	6								
Dressing, Caesar	1 oz	90	3	X	X					X	
Dressing, Italian, PC	1 oz	10	2				X				
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	9								
Ketchup, PC	1 ea	10	2								
Margarine Cups, PC	1 ea	30	0	X			X				
Marinara Sauce Cup, PC (2.5oz)	2.5 oz	40	7								
Marinara Sauce Cup, PC (1oz)	1 ea	15	3								
Mayonnaise, FF, PC	1 ea	10	3	X	X		X				
Mustard, PC	1 ea	0	0								
Mustard, Honey PC	1 ea	50	8	x							
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, PC	1 ea	5	1								
Sauce, Picante (Pace)	2 Tbsp	9	3								
Sauce, Marinara	2 oz	46	7								
Syrup, PC	1 oz	80	20								
Tartar Sauce, PC	12 gm	45	1		X						
DAIRY PRODUCTS											
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							

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ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
BBQ Sandwich											
• Beef Shredded w/BBQ	1 ea	124	8								
• Bun, Hamburger, WG	1 bun	150	30			X	X				
Beef Chicken Fried Steak	1 ea	260	16			X	X				
Beef Steak Fingers	4 ea	230	15			X					
Breakfast on a Stick, WG	1 ea	200	17		X	X	X				
Breakfast Taco*											
• Eggs w/Bacon & Cheese	1/4 c	120	1	X	X						
• Flour Tortilla	1 ea	90	16			X					
Burrito, Bean & Cheese, IW	1 ea	291	41	X		X	X				
Burrito, Breakfast - Egg/Turkey Sausage	1 ea	172	18	X	X	X	X				
Calzone, Cheese, WG (Elem)	1 ea	280	34	X		X	X				
Calzone, Pepperoni, WG (Elem)	1 ea	330	34	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	280	28	X		X					
Cheese Bites w/ Jalapeno, Breaded (JH/HS)	5 ea	350	35	X		X					
Cheese Cubes, Cheddar	1 pkg	90	0	X							
Cheese String, Mozzarella, IW	1 ea	60	1	X							
Chicken Afredo	1 cup	356	38	X	X	X	X				
Chicken & Biscuit (Breakfast)											
• Chicken Tenders (JH/HS)	2 ea	186	11			X	X				
• Chicken Tenders (EL)	1 ea	110	6			X	X				
• Biscuit Easy Split	1 ea	220	29	X		X					
Chicken & Waffle (Breakfast)											
• Chicken Tenders (JH/HS)	2 ea	186	11			X	X				
• Chicken Tenders (EL)	1 ea	110	6			X	X				
• Waffle Eggoji	2 ea	180	30	X	X	X	X				
Chicken Breast Bites	5 ea	270	23			X	X				
Chicken Drumstick, Breaded	1 ea	220	6			X					
Chicken Drumstick, Breaded Hot/Spicy	1 ea	210	7			X					
Chicken Drumstick, Roasted	1 ea	160	2								
Chicken Nuggets, Mega Minis, WG	10 ea	260	14			X					
Chicken Popcorn, WG	12 ea	230	15			X	X				
Chicken Smackers	10 ea	240	16	X		X	X				
Chicken Spaghetti/Tetrazzini	2/3 cup	320	31	X	X	X	X				
Chicken w/ Orange Sauce	1 cup	285	30	X		X	X				
Chicken, w/ Mango Habareno	1 cup	276	20	X		X	X				
Chicken, w/ Sweet & Sour Sauce, Breaded, WG	2/3 cup	203	28		X	X					
Chicken, w/ Sweet Red Chili Sauce	1 cup	290	31	X		X	X				
Chicken Tenders WG (EL)	2 ea	220	15			X	X				
Chicken Tenders, WG (JH/HS)	3 ea	290	17			X					
Corn Dog, WG	1 ea	240	30		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							
Fish Nuggets, WG	4 ea	20	20			X	X			X	

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ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Frito Pie											
● Chili w/ No Beans	1/2 cup	169	15				X				
● Corn Chips, RF (Fritos)	1.5oz	244	24								
● Cheese, Shredded	0.5 oz	35	1	X							
Fruit & Cheese Plate											
● Strawberries	1/4 cup	25	6								
● Grapes	1/4 cup	15	3								
● Yogurt Dip	1/2 cup	108	23	X							
● String Cheese	1 ea	60	1	X							
● Bulk Granola, WG	1 oz	132	23								
● Muffin 2oz, WG, IW, Variety	1 ea	195	31	X	X	X	X				
Fruit & Cheese Plate (w/Apple Slices & Strawberries)											
● Apples, Sliced	1/2 cup	30	7								
● Strawberries	1/4 cup	15	3								
● Yogurt Dip	1/2 cup	108	23	X							
● String Cheese	1 ea	60	1	X							
● Bulk Granola, WG	1 oz	132	23								
● Muffin 2oz, WG, IW, Variety	1 ea	195	31	X	X	X	X				
Fruit & Cheese Plate (w/Apple Slices & Grapes)											
● Grapes	1/4 cup	15	4								
● Apples, Sliced	1/4 cup	30	7								
● Yogurt Dip	1/2 cup	108	23	X							
● String Cheese	1 ea	60	1	X							
● Muffin 4oz, WG, IW, Variety	4 oz	385	62	X	X	X	X				
Grilled Cheese Sandwich	1 ea	360	31	X		X	X				
Hamburger											
● Beef Hamburger Patty	1ea	180	0								
● Bun, Hamburger, WG	1 bun	150	30			X	X				
Hamburger w/ Cheese											
● Beef Hamburger Patty	1 ea	180	0								
● Cheese, American Sliced	1 sl	35		X							
● Bun, Hamburger, WG	1 bun	150	30			X	X				
Hot Dog w/Chili & Cheese											
● Hot Dog, Beef	1 ea	35	1	X							
● Bun, Hot Dog, WG	1 bun	150	30			X	X				
● Chili	2 oz	50	8			X					
● Shredded Cheese	1/2 oz	35	1	X							
Lasagna	1 svg	397	40	X	X	X	X				
Lunchpak, Turkey/Cheese/Crackers											
● Turkey Coins	5 coins	54	2								
● Cheese Cubes IW	1 pkg	90	0	X							
● Crackers, WG	1 pkg	160	30			X					
● Mini Rice Krispies Treat	1 ea	50	9	X			X				

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ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Nachos, Beef & Cheese											
• Taco Meat	2 oz	90	3			X	X				
• Cheese, Sauce	3 oz	160	5								
• Tortilla Nacho Chips, WG	2 oz	290	37								
Pizza, Breakfast, Turkey Sausage, WG, IW	1 ea	230	31	X		X	X				
Pizza, Breakfast, Turkey Sausage, WG, Bulk	1 ea	200	26	X		X	X				
Pizza Crunchers	4 ea	420	26	X		X					
Pizza, Fiestada, WG	1 ea	360	36								
Pizza Galaxy Cheese	1 ea	280	26	X		X	X				
Pizza Galaxy Pepperoni	1 ea	290	28	X		X	X				
Pizza Ripper, Garlic Cheese WG	1 ea	260	30	X		X	X				
Pizza Ripper, Pepperoni WG	1 ea	280	29	X		X	X				
Pizza, 16", 4 Meat, WG -(JH/HS)*	1 slice	370	36	X		X	X				
Pizza, 16", Cheese, WG - (JH/HS)	1 slice	360	35	X		X	X				
Pizza, 16", Pepperoni, WG - (JH/HS)	1 slice	360	33	X		X	X				
Salad, Buffalo Chicken (JH/HS)											
• Salad Greens	2 cup	45	10								
• Breaded Chicken w/ Wing Sauce	3.4 oz	267	17			X	X				
• Cheese, Shredded	0.5 oz	35	1	X							
Salad, Chef w/ Turkey/Ham/Cheese											
• Salad Greens	2 cup	45	10								
• Turkey & Turkey Ham Strips	3 oz	106	0								
• Cheese, Shredded	0.5 oz	45	10	X							
Salad, Crispy Chicken											
• Salad Greens	2 cup	45	10								
• Chicken Tenders, Breaded	4.5 oz	317	18			X	X				
• Cheese, Shredded	0.5 oz	45	10	X							
Salad, Crispy Chicken Caesar											
• Salad Greens	2 cup	23	4								
• Chicken Tenders, Breaded	4.5 oz	317	18			X	X				
• Parmesan Cheese, shredded	1 Tbsp	59	0	X							
• Croutons	1 oz	126	21	X		X					
• Caesar Dressing (offered on side)	2 oz	180	6	X	X					X	
Sandwich, Breaded Chicken											
• Chicken, Patty, Breaded, WG	1 ea	240	16			X	X				
• Bun, Hamburger, WG	1 bun	150	30			X	X				
Sandwich, Crispy Chicken (JH/HS)											
• Chicken, Breast Filet, WG	1 ea	200	9			X	X				
• Bun, Hamburger, WG	1 bun	150	30			X	X				
Sandwich, Chicken Hot/Spicy (JH/HS)											
• Chicken, Patty, Hot' n Spicy, WG	1 ea	200	9			X	X				
• Bun, Hamburger, WG	1 bun	150	30			X	X				
Sandwich, Ham/Cheese											
• Turkey Ham	5 slices	84	0								
• Swiss Cheese	1 slice	35	0.5	X							
• Sub Bun, WG	1 bun	140	29			X	X				

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Sandwich, Italian											
• Italian Combo (Salami, Turkey Ham, Turkey Pepperoni)	6 slices	150	2								
• American Cheese	1 slice	35	1	X			X				
• Sub Bun, WG	1 bun	140	29			X	X				
Sandwich, Turkey/Cheese											
• Turkey	5 slices	92	0								
• American Cheese	1 slice	35	1	X			X				
• Sub Bun, WG	1 bun	140	29			X	X				
Sandwich, Turkey/Turkey Ham/Swiss											
• Turkey	3 slices	56	0	X							
• Ham	3 slices	51	0			X	X				
• Swiss Cheese	1 slice	35	0.5	X							
• Sub Bun, WG	1 bun	140	29			X	X				
Sausage, Turkey Patty	1 ea	60	0								
Sausage Roll, WG, IW (2.5oz)	1 ea	190	25	X	X	X	X				
Spaghetti w/ Meatballs											
• Spaghetti Noodles	1/2 cup	107	22		X	X					
• Marinara Sauce w/ Meatballs	5ea + Sauce	215	1.5	X		X	X				
Spaghetti w/ Meatsauce											
• Spaghetti Noodles	1/2 cup	107	22		X	X					
• Meatsauce	2 ea	185	11				X				
Taco Beef, Soft Shell											
• Beef Taco	4 oz	135	3	X	X	X	X				
• Shredded Cheese	1oz	70	2	X							
• Flour Tortilla	2 ea	180	32			X					
Taco Chicken, Soft Shell											
• Shredded Chicken, Taco	4 oz	190	6								
• Shredded Cheese	1 oz	70	2	X							
• Flour Tortilla	2 ea	180	32			X					
Western BBQ Sandwich	1 ea	35	1	X							
• Beef BBQ	1 ea	160	26			X					
• Onion Rings, Breaded WG	1 ea	220	43								
• Bun, Hamburger, WG	1 ea										
Wrap, Buffalo Chicken	1 ea	456	45	X		X	X				
Wrap, Crispy Chicken Caesar	1 ea	532	45	X	X	X	X				
Wrap, Crispy Chicken	1 ea	447	44	X		X	X				
Wrap, Turkey/Cheese	1 oz	351	33	X		X	X				
Yogurt Meal w/ Grahams											
• Yogurt Cup, 4oz	1 ea	81	32	X							
• String Cheese OR	1 ea	60	1	X							
• Sunflower Kernels, Honey Roasted	1 ea	200	10								
• Bulk Granola OR	1 oz	132	23								
• Granola, IW	1 pkg	12	21								
• Grahams, WG	1 pkg	120	15			X	X				

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Yogurt Meal w/ Muffin											
● Yogurt Cup, 4oz	1 ea	81	32	X							
● String Cheese OR	1 ea	60	1	X							
● Sunflower Kernels, Honey Roasted	1 ea	200	10								
● Bulk Granola, WG OR	1 oz	132	23								
● Granola, IW	1 pkg	12	21								
● Muffin 2oz, WG, IW, Variety	1 ea	195	31	X	X	X	X				
Yogurt Parfait, Blueberry w/ Granola & Muffin											
● Yogurt, Vanilla	1 cup	200	42	X							
● Blueberries	1/4 cup	25	6								
● Bulk Granola, WG	1 oz	132	23								
● Muffin 2oz, WG, IW, Variety	1 ea	195	31	X	X	X	X				
Yogurt Parfait, Mand. Orange w/Granola & Muffin											
● Yogurt, Vanilla	1 cup	200	42	X							
● Mandarin Oranges	1/4 cup	46	11								
● Bulk Granola, WG	1 oz	132	23								
● Muffin 2oz, WG, IW, Variety	1 ea	195	31	X	X	X	X				
Yogurt Parfait, Mango w/Granola & Muffin											
● Yogurt, Vanilla	1 cup	200	42	X							
● Mango, Diced	1/4 cup	25	6								
● Bulk Granola, WG	1 oz	132	23								
● Muffin 2oz, WG, IW, Variety	1 ea	195	31	X	X	X	X				
Yogurt Parfait, Strawberry w/ Granola & Muffin											
● Yogurt, Vanilla	1 cup	200	42	X							
● Strawberries, Sliced	1/4 cup	45	12								
● Bulk Granola, WG	1 oz	132	23								
● Muffin 2oz, WG, IW, Variety	1 ea	195	31	X	X	X	X				
Yogurt Cup, 4oz, Variety	1 ea	81	15	X							

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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								
Switch:											
Cherry	8 oz	120	30								
Fruit Punch	8 oz	120	30								
Strawberry/Watermelon	8 oz	120	29								
Tropical Pineapple	8 oz	120	30								
Junior and High School only											
IZZE, Sparkling Juice:											
Apple	8.4 oz	90	24								
Blackberry	8.4 oz	90	22								
Cherry Lime	8.4 oz	90	23								
Clementine	8.4 oz	90	21								
Peach	8.4 oz	90	21								
Pomegranate	8.4 oz	90	22								
High School only											
Gatorade G2:											
Fruit Punch	12 oz	30	8								
Glacier Freeze	12 oz	30	8								
Grape	12 oz	30	8								
Gatorade Zero:											
Cool Blue	20 oz	5	2								
Fruit Punch	20 oz	5	2								
Glacier Freeze	20 oz	5	2								
Grape	20 oz	5	2								
Lemon Lime	20 oz	5	2								
Orange	20 oz	5	2								
Propel:											
Berry	16.9 oz	0	0								
Grape	16.9 oz	0	0								
Lemon	16.9 oz	0	0								
Strawberry Kiwi	16.9 oz	0	0								
Watermelon	16.9 oz	0	0								
Fruit Splash Water:											
Acai Grape	16.9 oz	0	0								
Lemon	16.9 oz	0	0								
Wild Berry	16.9 oz	0	0								
ICE, Sparkling Water:											
Black Raspberry	17 oz	5	0								
Cherry Lime	17 oz	5	0								
Coconut Pineapple	17 oz	5	0								
Kiwi Strawberry	17 oz	5	0								
Lemon Lime	17 oz	5	0								
Lemonade	17 oz	5	0								
Orange Mango	17 oz	5	0								
Strawberry Lemon	17 oz	5	0								
Strawberry Watermelon	17 oz	5	0								

**HEB Child Nutrition
2022-2022
Carbohydrate Allergen List**

SNACK/BEVERAGE ITEMS	Serving Size	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
SNACKS FOR ALL											
Chips, IW											
Cheetos, Baked, Crunchy	1 pkg	120	16	X							
Cheetos, Baked, Flamin Hot	1 pkg	120	16	X							
Cheetos, Baked, Flamin Hot Limon	1 pkg	110	18	X							
Cheetos, Mellow Puffs	1 pkg	90	13	X							
Cheetos, Flamin Hot Puffs	1 pkg	90	13	X							
Doritos, RF Cooler Ranch	1 pkg	130	20	X							
Doritos, RF Flamas	1 pkg	130	20	X							
Doritos, RF Nacho Cheese	1 pkg	130	20	X							
Doritos, RF Spicy/ Sweet Chili	1 pkg	130	20			X	X				
Fantastix, Chili Cheese	1 pkg	130	19	X							
Fantastix, Flamin Hot	1 pkg	130	20	X							
Funyuns Onion Snack	1 pkg	100	14	X							
Potato, Bkd, Original	1 pkg	110	19				X				
Potato, Bkd, BBQ	1 pkg	110	19	X			X				
Potato, Bkd, Cheddar Sour Cream	1 pkg	100	17	X			X				
Potato, Bkd, Sour Cream/Onion	1 pkg	110	19	X			X				
Snack Mix, Kids Mix	1 pkg	110	17	X		X					
Crackers, IW											
Grahams, IW											
• Bug Bites	1 pkg	120	21			X	X				
• Gripz, Chocolate Chip	1 pkg	120	20	X		X	X				
• Giant Goldfish Grahams, Asstd	1 pkg	120	14			X					
• Scooby Doo	1 pkg	123	21			X	X				
• Tiger Grahams, chocolate	1 pkg	120	20			X	X				
• Tiger Grahams, original	1 pkg	120	21			X	X				
• Vanilla Chat Grahams	1 pkg	130	21	X		X	X				
Cheez-It, WG	1 pkg	100	14	X		X	X				
Goldfish, Cheddar	1 pkg	100	14	X		X					
Goldfish, Pretzel	1 pkg	90	16	X		X					
Grain Bars											
Cereal Bars, Asstd	1 ea	160	30			X	X				
Granola, Chewy, Chocolate Chunk	pkg/1.41oz	160	31	X		X	X	X	X		
Granola, Chewy, Cookies & Cream	pkg/1.37oz	150	29	X		X	X	X	X		
Nutrigrain Bar, Asstd Flavors	1 ea	160	30	X		X	X				
Oatmeal Bar, Asstd	1 pkg	140	23	X	X	X	X				
Rice Krispies, Original	pkg/1.41oz	160	30	X			X				
Rice Krispies, Chocolate Chip	pkg/1.59oz	190	34	X			X				
Rice Krispies, Confetti	pkg/1.59oz	190	34	X			X				
Rice Krispies, Mini, Original, WG	pkg/0.42oz	50	9	X			X				

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SNACK/BEVERAGE ITEMS	Serving Size	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Other Snacks											
Brownie, LF, IW	1 pkg	150	28	X	X	X	X				
Cookies, Blueberry Lemon	1 pkg	120	21	X		X	X				
Cookie, Carnival, WG	1 ea	110	18	X	X	X	X				
Cookie, Chocolate Chip, WG	1 ea	110	18	X	X	X	X				
Cookie, Double Chocolate, WG	1 ea	110	18	X	X	X	X				
Cooke, Chocolate Filled, WG, IW	1 pkg	200	31	X	X	X	X	X	X		
Cookie, Choc Chip - Grandma's	1 pkg	160	25	X		X	X	X	X		
Chex Mix, Cheddar	1 pkg	110	20	X		X					
Chex Mix, Strawberry Yogurt	1 pkg	130	23	X		X	X				
Fruit Rollup, Asstd Flavors	1 ea	50	11	X							
Popcorn, RF White Cheddar	1 pkg	70	9	X							
Pretzels, Hartzels	1 pkg	80	16			X					
ICE CREAM											
Bar, Chocolate Scooter	1 ea	170	26	X		X	X				
Bar, Fudge-O	1 ea	90	20	X							
Bar, Polar Fruit Juice	1 ea	80	21								
Bar, Strawberry Scooter	1 ea	160	25	X		X	X				
Cone, Cookie/Cream	1 ea	140	24	X		X	X				
Cone, Crazy	1 ea	140	26	X		X	X				
Cone, Vanilla/Chocolate Twist	1 ea	140	23	X		X	X				
Sandwich, Brownie Batter	1 ea	140	27	X		X	X				
Sandwich, Cookie/Cream	1 ea	140	27	X		X	X				
Sandwich, Vanilla	1 ea	140	27	X		X	X				
Twister Cup, Cotton Candy	1 ea	100	13	X							
Twister Cup, Sour Raspberry	1 ea	90	23								
Twister Cup, Unicorn	1 ea	90	19	X							