

**HEB Child Nutrition
2023-2024
Carbohydrate Allergen List**

ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
BBQ Beef Sandwich											
• Beef Shredded w/BBQ	1 ea	160	26								
• Bun, Hamburger, WG	1 ea	150	30			X	X				
Beef Chicken Fried Steak	1 ea	220	14			X					
Beef Steak Fingers	4 ea	230	15			X					
Breakfast on a Stick, WG	1 ea	200	17		X	X	X				
*Breakfast Taco											
• Eggs Omelet w/ Cheese	1 ea	110	1	X	X						
• Bacon (Pork)	1 slice	90									
• Flour Tortilla	1 ea	90	16			X					
Burrito, Bean & Cheese, IW	1 ea	327	44	X		X	X				
Burrito, Breakfast - Egg/Turkey Sausage IW	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) (Pork)	1 ea	425	42	X		X	X				
Cheese Bites, Breaded WG	4 ea	280	28	X		X					
Cheese Bites w/Jalapeno Breaded WG (JH/HS)	5 ea	362	35	X		X					
Cheese Cubes, Cheddar	1 pkg	90	0	X							
Cheese String, Mozzarella, IW	1 ea	60	1	X							
Chicken Alfredo	1 cup	356	38	X	X	X	X				
Chicken & Biscuit (Breakfast)											
• Chicken, Tenders Breaded, WG (JH/HS)	2 ea	240	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 WG	5 ea	270	23			X	X				
Chicken Drumstick, Breaded WG	1 ea	220	6			X					
Chicken Drumstick, Breaded WG Hot/Spicy	1 ea	210	7			X					
Chicken Drumstick, Roasted	1 ea	160	2								
Chicken Nuggets, Mega Minis, WG	10 ea	270	17			X					
Chicken Popcorn, WG	12 ea	250	16			X	X				
Chicken Smackers WG	10 ea	240	18	X		X	X				
Chicken w/ Orange Sauce WG	1 cup	282	32	X		X	X				
Chicken Breaded, w/Mango Habareno WG	1 cup	277	22	X		X	X				
Chicken, w/ Sweet & Sour Sauce, Breaded, WG	2/3 cup	203	28		X	X					
Chicken Breaded, w/Sweet Red Chili Sauce WG	1 cup	288	33	X		X	X				
Chicken Tenders WG (EL)	2 ea	230	12			X	X				
Chicken Tenders, WG (JH/HS)	3 ea	28	16			X					
Corn Dog, WG	1 ea	240	30		X	X	X				
Fish Nuggets, WG	4 ea	260	18			X	X			X	
Frito Pie											
• Chili w/ No Beans	1/2 cup	174	15				X				
• Corn Chips, RF (Fritos)	1.5oz	244	24								
• Cheese, Shredded	0.5 oz	35	1	X							

* Contains Pork
WG is Whole Grain
IW is Individually Wrapped

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ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Fruit & Cheese Plate (Strawberries & Grapes)											
• Strawberries	1/4 cup	25	6								
• Grapes	1/4 cup	15	4								
• Yogurt Dip	1/2 cup	108	22	X							
• String Cheese	1 ea	60	1	X							
• Bulk Granola, WG	1 oz	123	21								
• Muffin 2oz, WG, IW, Variety	1 ea	188	32	X	X	X	X				
Fruit & Cheese Plate (Apple Slices & Strawberries)											
• Apples, Sliced	1/2 cup	30	7								
• Strawberries	1/4 cup	15	3								
• Yogurt Dip	1/2 cup	108	22	X							
• String Cheese	1 ea	60	1	X							
• Bulk Granola, WG	1 oz	132	23								
• Muffin 2oz, WG, IW, Variety	1 ea	188	32	X	X	X	X				
Fruit & Cheese Plate (Apple Slices & Grapes)											
• Grapes	1/4 cup	15	4								
• Apples, Sliced	1/4 cup	30	7								
• Yogurt Dip	1/2 cup	108	22	X							
• String Cheese	1 ea	60	1	X							
• Muffin 4oz, WG, IW, Variety	4 oz	380	62	X	X	X	X				
Grilled Cheese Sandwich (Lunch)	1 ea	337	31.5	X		X	X				
Grilled Cheese Sandwich (Breakfast)	1 ea	238	26	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	1	X							
• Bun, Hamburger, WG	1 bun	150	30			X	X				
Hot Dog w/Chili & Cheese											
• Hot Dog, Beef	1 ea	35	1								
• 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	398	40	X	X	X	X				
Lunchpak, Turkey/Cheese/Crackers											
• Turkey Coins	5 ea	52	0								
• Cheese Cubes, IW	1 pkg	90	0	X							
• Crackers, Wheat	1 pkg	190	30			X					
• Giant Goldfish Graham	1 pkg	120	19			X					
Mozzarella Sticks Breaded	6 sticks	340	36	X	X	X					
Nachos, Beef & Cheese											
• Taco Meat	2 oz	60	3				X				
• Cheese, Sauce	3 oz	136	5	X							
• Tortilla Nacho Chips, WG	2 oz	291	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 WG	4 ea	420	26	X		X					

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Pizza, Fiestada, WG	1 ea	360	43	X		X	X				
Pizza Galaxy Cheese	1 ea	280	26	X		X	X				
Pizza Galaxy Pepperoni WG	1 ea	290	28	X		X	X				
Pizza Ripper, Garlic Cheese WG	1 ea	260	29	X		X	X				
Pizza Ripper, Pepperoni WG	1 ea	280	29	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	1 ea	315	21	X		X	X				
Salad, Chef w/ Turkey/Ham/Cheese	1 ea	183	7	X							
Salad, Crispy Chicken	1 ea	339	23	X		X					
Salad, Crispy Chicken Caesar	1 ea	425	35	X		X					
Sandwich, Breaded Chicken (EL)											
• 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, Crispy Hot/Spicy Chicken (JH/HS)											
• Chicken Breast Filet, Hot/Spicy WG	1 ea	200	9			X	X				
• Bun, Hamburger, WG	1 bun	150	30			X	X				
Sandwich, Chicken Biscuit (EL)											
• Chicken, Tenders Breaded, WG	2 ea	240	11	X		X					
• Biscuit Easy Split	1 biscuit	220	29			X	X				
• Bun, Hamburger, WG	1 bun	150	30			X	X				
Sandwich, Cold Cut Sub											
• Turkey Cold Cut: Ham, Bologna, Salami	6 slices	144	2								
• American Cheese	1 slice	35	1	X			X				
• Sub Bun, WG	1 bun	140	29			X	X				
Sandwich Fish Filet w/ Cheese											
• Fish Fillet, Breaded WG	1 ea	180	14			X	X			X	
• American Cheese	1 slice	35	1	X			X				
• Bun, Hamburger, WG	1 bun	150	30			X	X				
Sandwich, Ham & Cheese Sub											
• Turkey Ham	5 slices	84	0								
• Swiss Cheese	1 slice	45	0.5	X							
• Sub Bun, WG	1 bun	140	29			X	X				
Sandwich Sub, Italian											
• Italian Turkey Combo: Salami, Ham, Pepperoni	6 slices	127	3								
• American Cheese	1 slice	35	1	X			X				
• Sub Bun, WG	1 bun	140	29			X	X				
Sandwich Sub, Turkey & Cheese											
• Turkey Breast Sliced	5 slices	92	0								
• American Cheese	1 slice	35	1	X			X				
• Sub Bun, WG	1 bun	140	29			X	X				
Sandwich Sub, Turkey & Turkey Ham & Cheese											
• Turkey	3 slices	56	0								
• Ham	3 slices	51	0								
• Swiss Cheese	1 slice	45	0.5	X							
• Sub Bun, WG	1 bun	140	29			X	X				

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*Sandwich Sub, Turkey Club Sub											
• Turkey Breast Sliced	2 slices	37	0								
• Turkey Ham Sliced	2 slices	34	0								
• American Cheese	1 slice	35	1	X			X				
• *Bacon (Pork)	2 slice	180	0								
• Sub Bun, WG	1 bun	140	29			X	X				
Sandwich Sub, Turkey & Cheese											
• Turkey Breast Sliced	5 slices	92	0								
• American Cheese	1 slice	35	1	X			X				
• Sub Bun, WG	1 bun	140	29			X	X				
Sausage, Turkey Link	1 ea	60	0								
Sausage, Turkey Patty	1 ea	60	0								
Sausage Roll, WG, IW (2.5oz)	1 ea	190	25	X	X	X	X				
Spaghetti w/ Beef Meatballs											
• Spaghetti Noodles	1/2 cup	107	22		X	X					
• Marinara Sauce w/ Meatballs	5ea + Sauce	215	12	X		X	X				
Spaghetti w/ Beef Meatsauce											
• Spaghetti Noodles	1/2 cup	107	22		X	X					
• Beef Meatsauce	2 ea	165	11				X				
Taco Beef, Soft Shell											
• Beef Taco Meat	4 oz	115	5				X				
• Shredded Cheese	1oz	70	2	X							
• Flour Tortilla	2 ea	180	32			X					
Taco Chicken, Soft Shell											
• Shredded Chicken Tinga	4 oz	190	6								
• Shredded Cheese	1 oz	70	2	X							
• Flour Tortilla	2 ea	180	32			X					
Western BBQ Sandwich											
• Beef Shredded w/BBQ	1 ea	160	26								
• Bun, Hamburger, WG	1 ea	150	30			X	X				
Wrap, Buffalo Chicken	1 ea	452	49	X	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 Club (contains Pork)	1 ea	483	31	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	1 ea	60	1	X							
• Granola, IW	1 pkg	12	21								
• Grahams, WG	1 pkg	120	15			X	X				
Yogurt Meal w/ Muffin (Elementary)											
• Yogurt Cup, 4oz	1 ea	81	32	X							
• String Cheese	1 ea	60	1	X							
• Granola, IW	1 pkg	123	21								
• Muffin 2oz, WG, IW, Variety	1 ea	188	32	X	X	X	X				
Yogurt Parfait, Blueberry w/ Granola & Muffin											
• Yogurt, Vanilla	1 cup	200	40	X							
• Blueberries	1/4 cup	25	6								
• Bulk Granola, WG	1 oz	123	21								
• Muffin 2oz, WG, IW, Variety	1 ea	188	32	X	X	X	X				

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Yogurt Parfait, Mand. Orange w/Granola & Muffin											
• Yogurt, Vanilla	1 cup	200	40	X							
• Mandarin Oranges	1/4 cup	46	12								
• Bulk Granola, WG	1 oz	123	21								
• Muffin 2oz, WG, IW, Variety	1 ea	188	32	X	X	X	X				
Yogurt Parfait, Mango w/Granola & Muffin											
• Yogurt, Vanilla	1 cup	200	40	X							
• Mango, Diced	1/4 cup	25	6								
• Bulk Granola, WG	1 oz	123	21								
• Muffin 2oz, WG, IW, Variety	1 ea	188	32	X	X	X	X				
Yogurt Parfait, Strawberry w/ Granola & Muffin											
• Yogurt, Vanilla	1 cup	200	40	X							
• Strawberries, Sliced	1/4 cup	45	12								
• Bulk Granola, WG	1 oz	123	21								
• Muffin 2oz, WG, IW, Variety	1 ea	188	32	X	X	X	X				
Yogurt Cup, 4oz, Variety	1 ea	78	15	X							

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Bagel Filled Cream Cheese WG, Asstd	1 pkg	230	42	X		X					
Biscuits Easy Split	1 ea	210	29	X		X					
Cereal, 1oz Bowlpak:											
Apple Jacks WG	1 ea	100	24			X					
Cheerios GF WG	1 ea	100	21								
Cheerios Honey GF WG	1 ea	110	21								
Chex Blueberry GF WG	1 ea	120	22								
Chex Cinnamon GF WG	1 ea	110	23								
Cinnamon Toast Crunch GF WG	1 ea	100	23			X	X				
Cocoa Puffs WG	1 ea	120	25								
Froot Loops WG	1 ea	100	24			X	X				
Frosted Corn Flakes WG	1 ea	110	24			X					
Golden Grahams WG	1 ea	110	24			X					
Lucky Charms GF WG	1 ea	110	23								
Trix WG	1 ea	110	23								
Cereal, 2oz Bowlpak:											
Cherrios Honey GF WG	1 ea	210	44								
Chex Cinnamon GF WG	1 ea	23	46								
Cocoa Puffs WG	1 ea	220	47								
Frosted Flakes WG	1 ea	210	51			X					
Lucky Charms GF WG	1 ea	210	47								
Trix WG	1 ea	220	47								
Chips, IW											
Cheetos Baked Crunchy GF WG	1 pkg	120	16	X							
Cheetos Baked Flamin Hot GF WG	1 pkg	120	16	X							
Cheetos Bkd Flamin Hot Limon GF WG	1 pkg	110	18	X							
Cheetos Baked Puffs GF WG	1 pkg	90	13	X							
Doritos RF Cool Ranch WG	1 pkg	130	20	X							
Doritos RF Flamas WG	1 pkg	130	20	X							
Doritos RF Nacho Cheese WG	1 pkg	130	20	X							
Doritos RF Sweet/Spicy WG	1 pkg	130	20			X	X				
Doritos RF Wild Nacho Cheese WG	1 pkg	130	20	X							
Fantastix Chili Cheese GF WG	1 pkg	130	19	X							
Fantastix Flamin Hot GF WG	1 pkg	130	20	X							
Funyuns WG	1 pkg	100	14	X							
Munchies Snack Mix	1 pkg	110	18	X		X					
Cinnamon Roll WG	1 ea	240	38	X	X	X	X				
Cinnis Mini, WG, IW	1 ea	240	40	X		X					
Cookie Chocolate Chip WG IW	1 pkg	160	27	X	X	X	X				
Cookie Hershey's Chocolate Chip WG IW	1 pkg	200	30	X	X	X	X				
Cookie Cocoa Crispy Bites	1 pkg	120	12	X		X	X				
Corn Crunch Buffalo Ranch GF IW	1 pkg	90	14								
Corn Crunch Diabolo GF IW	1 pkg	90	16								
Corn Crunch Kettle GF IW	1 pkg	80	14								
Corn Chips, Fritos RG	1 oz	160	16								

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Crackers, IW											
Cheez-It, WG	1 pkg	100	14	X		X	X				
Crunch-N-Crave WG	1 pkg	190	30			X					
Chex Mix, Cheddar WG	1 pkg	110	20	X		X					
Chex Mix, Strawberry Yogurt WG	1 pkg	130	23	X		X	X				
Goldfish, Cheddar WG	1 pkg	100	14	X		X					
Goldfish Cheddar Colored WG	1 pkg	90	16	X		X					
Veggie Crispy Crackers WG	1 pkg	210	34	X		X	X				
Crescent Filled WG, Asstd Flavors											
Donut Cake Glazed WG IW	1 ea	310	47	X		X	X				
Donut Holes Blueberry WG IW	1 pkg	260	39	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				
Donut Pull-a-Part Yeast WG IW	1 pkg	240	31	X	X	X	X				
Donut Yeast Glazed WG	1 ea	311	38	X	X	X	X				
Dunkin Stick Twin Pk, WG IW	1 pkg	300	48	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	170	25	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 Cinnamon	1 pkg	120	21			X	X				
Chats Vanilla	1 pkg	215	37	X		X	X				
Giant Goldfish Vanilla	1 pkg	120	19			X					
Scooby Doo Cinnamon	1 pkg	123	21			X	X				
Tiger Grahams, Chocolate	1 pkg	120	20			X	X				
Tiger Grahams, Cinnamon	1 pkg	120	21			X	X				
Tiger Grahams, Original	1 pkg	130	21	X		X	X				
Grain Bars, IW											
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				
Brownie, Chocolate LF	1 ea	150	31	X	X	X	X				
Cereal Bar Soft, Filled WG, Asstd Flavors	1 ea	260	44	X		X					
Cereal Bar, WG Asstd Flavors											
Nutrigrain Bar, Asstd Flavors	1 ea	160	30	X		X	X				
Oatmeal Bar, Strawberry	1 ea	140	23	X	X	X	X				
Rice Krispies Treat, WG Asst Flavors	1 ea	190	34	X			X				
Rice Krispies Treat, Mini WG	1 ea	50	9	X			X				
Hushpuppies											
Loaf, Cinnamon Crumb WG IW	1 ea	290	55	X	X	X	X				
Muffins WG IW											
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				

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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 Apple Cinnamon 4oz RF WG IW	1 ea	380	61		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	62		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	380	62	X	X	X	X				
Pancakes, WG, (Bulk) 1.14oz/ea	2 ea	140	28	X	X	X	X				
Pancakes Mini, WG Asstd, IW	1 pkg	210	36	X	X	X	X				
Pop Tarts, WG Asstd Flavors	1 pkg	170	36			X	X				
Preztl Heartzels	1pkg	80	16			X					
Rice, Mexican, WG	1/2 cup	202	41								
Rice, Seasoned, WG	1/2 cup	191	36	X			X				
Roll, WG, 1.25oz (EL)	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 WG	1 ea	170	23	X		X	X				
Toast Buttered WG	1 ea	100	15	X		X	X				
Toast Cinnamon WG	1 ea	102	16	X		X	X				
Toast Texas Apple Cinnamon WG IW	1 ea	260	45	X		X	X				
Toast Texas Garlic WG	1 ea	100	14	X		X	X				
Waffles w/ Strawberries & Cream, WG											
• Waffle Round, WG	2 ea	160	24	X	X	X	X				
• Strawberries, frozen, sweetened	1/4 cup	61	17								
• Whip Topping	1 tsp	4	1	X							
Waffle Eggoji WG	1 ea	90	15	X	X	X	X				
Waffle Round, WG	1 ea	80	12	X	X	X	X				
Waffle, Dutch 5", WG	1 ea	300	43	X	X	X	X				
Waffle, WG Asstd Flavors, IW	1 pkg	240	36	X	X	X	X				

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FRT/VEG ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Canned/Frozen Fruits & Veggies											
Applesauce Cup, Unsweetened,	1/2 cup	50	14								
Beans, Baked, Vegetarian	1/2 cup	132	29								
Beans, Ranch	1/2 cup	130	21				X				
Beans, Refried	1/2 cup	189	27								
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, Asstd Flavors	1 pkg	110	28								
Green Beans, Frozen	1/2 cup	28	5.5								
Fruit Cup, Mixed Fruit IW	1/2 cup	50	13								
Fruit Cup, Peaches IW	1/2 cup	50	12								
Fruit Cup, Pears IW	1/2 cup	50	12								
Juice, Apple											
• 4 oz	1 ctn	60	14								
• 6 oz	1 ctn	80	21								
Juice Fruit 4 oz - Asstd Flavors	1 ctn	60	14								
Juice Fruit 4oz - Grape	1 ctn	80	21								
Juice, Orange											
• 4 oz	1 ctn	60	12								
• 6 oz	1 ctn	80	20								
Juice, Cool Tropics Asstd (frozen)	1 ea/4oz	60	16								
Juice, Box- Shelf Stable (4.23oz)											
• Asstd Flavors	1 ctn	60	16								
Juice, Box- Shelf Stable (6.75oz)											
• Asstd Flavors	1 ctn	100	25								
Juice Capri Sun, Asstd Flavors	1 ea/6oz	90	21								
Juice, Froot Jooce Slush (frozen)	1 ea	90	23								
Mandarin Oranges w/Grapes	1/2 cup	109	18								
Mandarin Oranges	1/2 cup	88	23.3								
Mixed Vegetables	1/2 cup	60	11								
Onion Rings	5 ea	234	33	X	X	X					
Peach Fruit Cup, frozen	1 ea	118	30								
Peas, Green	1/4 cup	38	7								
Peas, Green and Carrots	1/2 cup	60	9								
Pico De Gallo, Fresh	2 oz	15	3								
Pineapple Tidbits w/ Kiwi	1/2 cup	61	19								
Potato, French Fries	~12 pc	170	28								
Potato, Mashed GF	1/2 cup	80	17	X							
Potato, Sidewinder, Fries	~6 ea	141	24								
Potato, Smiles	5 ea	173	27								
Tater Tots/Rounds	~8 pc	156	19								
Raisels, Asstd Flavors	1 pkg	160	38								
Raisins, IW	1 pkg	120	29								
Salad, Cucumber Chili Lime	1/2 cup	15	4								
Salad, Tossed	1 cup	22	5								
Strawberry Fruit Cup, frozen	1/2 cup	81	21								
Tater Tots/Rounds	~12 pc	156	19								

**HEB Child Nutrition
2023-2024
Carbohydrate Allergen List**

FRT/VEG ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Fresh Fruits/Veggies											
Apples, Sliced, (IW)	1 pkg	30	7								
Apples, Whole - Variety	1 ea	75	20								
Bananas, regular	1 ea	90	23								
Beet Sticks	1/2 cup	40	9								
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	27	7								
Carrots, shredded	1/8 cup	12	3								
Cauliflower, (fresh)	1/4 cup	6	1.2								
Celery Sticks	3 oz	10	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								
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								
Strawberries, fresh	1/2 cup	37	9								
Sweet Potato, Sticks, Raw	1/4 cup	43	10								
Tomato, Cherry	1/4 cup	7.5	1.5								
Tomato, (sliced - 1/8" thick)	1/8 cup	8	2								
Watermelon	1/2 cup	45	11.4								

**HEB Child Nutrition
2023-2024
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	10								
Boom Boom Sauce PC	1 oz	150	2		X						
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				
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								
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								
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, Chocolate	1/2 pt	120	20	X							
Milk, Fat Free, Strawberry	1/2 pt	110	19	X							

**HEB Child Nutrition
2023-2024
Carbohydrate Allergen List**

SNACK/BEVERAGE ITEMS	Serving Size	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
BEVERAGES FOR ALL											
Switch, Asstd Flavors	7.5oz	110	27								
Envy Sparkling Juice	8oz	110	30								
Junior and High School only											
IZZE, Sparking Juice Asstd Flavors	8.4 oz	70	16								
High School only											
Gatorade G2, Asstd Flavors	12 oz	30	8								
Gatorade ZERO, Asstd Flavors	20oz	10	2								
Propel, Asstd Flavors	16.9oz	0	0								
Fruit 2O Water	16 oz	0	0								
ICE Sparkling Water, Asstd Flavors	17 oz	5	0								
SNACKS FOR ALL											
Chips, IW											
Potato, Bkd, Original GF	1 pkg	110	19				X				
Potato, Bkd, BBQ GF	1 pkg	110	19	X			X				
Potato, Bkd, Cheddar Sour Cream GF	1 pkg	100	17	X			X				
Potato, Bkd, Sour Cream/Onion GF	1 pkg	110	19	X			X				
Cookies											
Cookie, Carnival WG	1 ea	110	18	X	X	X	X				
Cookie, Chocolate Chip WG	1 ea	110	18	X	X	X	X				
Cookie, Confetti Cake Filled WG, IW	1 pkg	190	29	X	X	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		
Cookie, Sugar WG	1 ea	110	18	X	X	X	X				
Ice Cream, IW											
Bar Chocolate Scooter	1 ea	170	26	X		X	X				
Bar Fudge-O	1 ea	90	20	X							
Bar Polar Blast Fruit Punch	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				
Cup Chocolate Sundae	1 ea	100	18	X							
Cup Strawberry Sundae	1 ea	100	18	X							
Cup Vanilla	1 ea	100	16	X			X				
Sandwich Mighty Mini Vanilla	1 ea	100	19	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							
Other Snacks, IW											
Beef Jerky	1 pkg										
Fruit Rollup, Asstd Flavors GF	1 pkg	50	11	X							
Fruit Snack, Scooby Doo GF	1 pkg	70	21								
Granola Chewy Bar Cookies/Cream	1 pkg	150	29	X		X	X	X	X		
Granola Chewy Bar Choc Chunk	1 pkg	160	25	X		X	X	X	X		
Pirate's Booty Puffed White Cheddar GF	1 pkg	100	15	X							
Popcorn RF White Cheddar	1 pkg	70	9	X							