

**HEB Child Nutrition  
2021-2022  
Carbohydrate Allergen List**

| <b>ENTRÉE MENU 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> |
|--|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| Baked Ziti   | 3/4 cup         | 368             | 32         | X           | X          | X            | X          |                 |                  |             |                   |
| Beef, Chicken Fried Steak                          | 1 ea            | 330             | 16         |             |            | X            |            |                 |                  |             |                   |
| Beef Steak Fingers                                 | 4 ea            | 300             | 14         |             |            | X            |            |                 |                  |             |                   |
| Breakfast on a Stick, WG, bulk, 2oz                | 1 ea            | 200             | 17         |             | X          | X            | X          |                 |                  |             |                   |
| Breakfast on a Stick, WG IW, 2.5oz                 | 1 ea            | 200             | 17         |             | X          | X            | X          |                 |                  |             |                   |
| Breakfast Taco*                                    |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Eggs w/Bacon & Cheese                            | 1/4 cup         | 120             | 1          | X           | X          |              |            |                 |                  |             |                   |
| • Flour Tortilla                                   | 1 ea            | 80              | 13         |             |            | X            |            |                 |                  |             |                   |
| Buffalo Crunchers, WG                              | 4 ea            | 530             | 40         | X           |            | X            | X          |                 |                  |             |                   |
| Burrito, Bean & Cheese, IW                         | 1 ea            | 291             | 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            | 280             | 28         | X           |            | X            | X          |                 |                  |             |                   |
| Cheese Bites w/ Jalapeno, Breaded                  | 4 ea            | 280             | 28         | X           |            | X            | X          |                 |                  |             |                   |
| 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           | 365             | 38         | X           | X          | X            | X          |                 |                  |             |                   |
| Chicken & Biscuit (Breakfast)                      |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Chicken Tenders                                  | 2 3a            | 171             | 9          |             |            | X            | X          |                 |                  |             |                   |
| • Biscuit Easy Split, WG                           | 1 ea            | 210             | 27         | X           |            | X            |            |                 |                  |             |                   |
| Chicken & Waffle (Breakfast)                       |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Chicken Tenders                                  | 2 ea            | 171             | 9          |             |            | X            | X          |                 |                  |             |                   |
| • Waffle Round, WG                                 | 1 ea            | 80              | 12         | X           | X          | X            | X          |                 |                  |             |                   |
| Chicken Drumstick                                  | 1 ea            | 190             | 5          |             |            | X            |            |                 |                  |             |                   |
| Chicken Drumstick, Hot/Spicy                       | 1 ea            | 210             | 7          |             |            | X            |            |                 |                  |             |                   |
| Chicken Nuggets, Minis, WG                         | 10 ea           | 258             | 15         |             |            | X            |            |                 |                  |             |                   |
| Chicken, Popcorn, WG                               | 12 pc           | 245             | 15         |             |            | X            | X          |                 |                  |             |                   |
| Chicken Smackers                                   | 10 ea           | 268             | 18         | X           |            | X            | X          |                 |                  |             |                   |
| Chicken Spaghetti                                  | 2/3 cup         | 329             | 31         | X           | X          | X            | X          |                 |                  |             |                   |
| Chicken w/ Orange Sauce                            | 1 cup           | 295             | 32         |             | X          | X            | X          |                 |                  |             |                   |
| Chicken, w/ Mango Habareno                         | 1 cup           | 276             | 20         | X           |            | X            | X          |                 |                  |             |                   |
| Chicken, w/ Sweet & Sour Cherry Sauce, Breaded, WG | 2/3 cup         | 203             | 27         |             | X          | X            |            |                 |                  |             |                   |
| Chicken, w/ Sweet Red Chili Sauce                  | 1 cup           | 290             | 31         | X           |            | X            | X          |                 |                  |             |                   |
| Chicken Tenders WG (EL)                            | 3 ea            | 230             | 12         |             |            | X            | X          |                 |                  |             |                   |
| Chicken Tenders, WG (JH/HS)                        | 3 ea            | 273             | 15         |             |            | X            | X          |                 |                  |             |                   |
| Corn Dog, WG                                       | 1 ea            | 240             | 30         | 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          |              |            |                 |                  |             |                   |
| Egg/Cheese Tac-Go                                  | 1 ea            | 180             | 14         | X           | X          | X            |            |                 |                  |             |                   |
| Enchilada, Cheese w/ Enchilada Sauce               | 2 ea            | 399             | 32         | X           |            |              |            |                 |                  |             |                   |
| Fish Nuggets, WG                                   | 4 ea            | 210             | 18         |             |            | X            | X          |                 |                  | X           |                   |

\* Contains Pork  
WG is Whole Grain  
IW is Individually Wrapped

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|----------------------------------|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| Frito Pie                        |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Chili w/ Meat                  | 1/2 cup         | 169             | 13         |             |            |              | X          |                 |                  |             |                   |
| • Corn Chips, RF (Fritos)        | 1 oz            | 160             | 16         |             |            |              |            |                 |                  |             |                   |
| • 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            | 192             | 32         | 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         |             |            | X            |            |                 |                  |             |                   |
| • Muffin 2oz, WG, IW, Variety    | 1 ea            | 192             | 32         | 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 w/Chili & Cheese         |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Hot Dog                        | 1 ea            | 180             | 2          |             |            |              |            |                 |                  |             |                   |
| • Bun, Hot Dog, WG               | 1 ea            | 150             | 28         | X           |            | X            |            |                 |                  |             |                   |
| • Chili                          | 2 Tbsp          | 50              | 8          |             |            | X            |            |                 |                  |             |                   |
| • Shredded Cheese                | 1/2 oz          | 36              | 1          | X           |            |              |            |                 |                  |             |                   |
| Lasagna                          | 1 sv            | 397             | 40         | X           | X          | X            | X          |                 |                  |             |                   |
| Lunchpak, Ham/Cheese/Crackers    |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Ham Turkey Coins               | 5 ea            | 50              | 1          |             |            |              |            |                 |                  |             |                   |
| • Cheese Cubes, IW               | 1 pkg           | 90              | 0          | X           |            |              |            |                 |                  |             |                   |
| • Crackers, Wheat                | 4 pkg           | 140             | 20         |             |            | X            | X          |                 |                  |             |                   |
| • Rice Krispies Mini             | 1 ea            | 50              | 9          | X           |            |              | X          |                 |                  |             |                   |
| Lunchpak, Turkey/Cheese/Crackers |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Mozzarella Cheese, shredded    | 2 oz            | 182             | 2          | X           |            |              |            |                 |                  |             |                   |
| • Pepperoni Slices*              | 5 slices        | 65              | 0.5        |             |            |              |            |                 |                  |             |                   |
| • Flatbreadd                     | 3 oz            | 160             | 6          | X           |            | X            | X          |                 |                  |             |                   |
| • Marinara Sauce                 | 2.5 oz          | 40              | 4          |             |            |              |            |                 |                  |             |                   |

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|---|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| Macaroni & Cheese RF                      | 6 oz            | 280             | 29         | X           | X          | X            |            |                 |                  |             |                   |
| Mozeralla Sticks, Breaded                 | 6 ea            | 370             | 27         | X           |            | X            |            |                 |                  |             |                   |
| • Marinara Sauce                          | 2 oz            | 46              | 7          |             |            |              |            |                 |                  |             |                   |
| Nachos, Cheese Cup                        |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Cheese, Sauce cup                       | 3 oz            | 190             | 14         | X           |            |              |            |                 |                  |             |                   |
| • Tortilla Nacho Chips, WG                | 2oz             | 210             | 25         |             |            |              |            |                 |                  |             |                   |
| Nachos, Beef & Cheese                     |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Taco Meat                               | 2 oz            | 87              | 2          |             |            | X            | X          |                 |                  |             |                   |
| • Cheese, Sauce                           | 3 oz            | 136             | 5.3        | X           |            |              |            |                 |                  |             |                   |
| • Tortilla Nacho Chips, WG                | 2oz             | 263             | 36         |             |            |              |            |                 |                  |             |                   |
| Pizza, Breakfast, Sausage, WG             | 1 ea            | 240             | 31         | X           |            | X            | X          |                 |                  |             |                   |
| Pizza Crunchers                           | 4 ea            | 420             | 41         | X           |            | X            |            |                 |                  |             |                   |
| Pizza, Fiestada, WG                       | 1 ea            | 360             | 43         | 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, Hawiian                            | 1 slice         | 454             | 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         | 360             | 35         | X           |            | X            | X          |                 |                  |             |                   |
| Pizza, 16", Pepperoni, WG - (JH/HS)       | 1 slice         | 360             | 33         | X           |            | X            | X          |                 |                  |             |                   |
| Quesadilla, Cheese                        | 1 ea            | 310             | 32         | X           | X          | 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 Tenders                         | 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/ 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           |            |              |            |                 |                  |             |                   |
| Salad, Crispy 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          |              |            |                 |                  |             |                   |
| Sandwich, Breaded Chicken                 |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Chicken, Patty, Breaded, WG             | 1 ea            | 267             | 16         |             |            | X            | X          |                 |                  |             |                   |
| • Bun, Hamburger, WG                      | 1 ea            | 140             | 28         |             |            | X            |            |                 |                  |             |                   |

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|---|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| 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          |                 |                  |             |                   |
| Sausage, Turkey Patty                         | 1 ea            | 60              | 0          |             |            |              |            |                 |                  |             |                   |
| Sausage Roll, WG                              | 1 ea            | 170             | 28         | X           |            | X            | X          |                 |                  |             |                   |
| Sausage Roll, WG, IW (2.5oz)                  | 1 ea            | 190             | 25         | X           | X          | X            | X          |                 |                  |             |                   |
| *Smokies, Cocktail Franks                     | 3 ea            | 100             | 1.5        |             |            |              |            |                 |                  |             |                   |
| Spaghetti w/ Meatsauce                        |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Spaghetti Noodles                           | 1/2 c           | 123             | 22         |             | X          | X            |            |                 |                  |             |                   |
| • Meatsauce                                   | 4 oz            | 185             | 11         |             |            |              | X          |                 |                  |             |                   |
| Wrap, Buffalo Chicken                         | 1 ea            | 439             | 44         | X           |            | X            | X          |                 |                  |             |                   |
| Wrap, Chicken Caesar                          | 1 ea            | 320             | 33         | X           | X          | X            | X          |                 |                  |             |                   |
| Wrap, Crispy Caesar Chicken                   | 1 ea            | 525             | 43         | X           | X          | X            | X          |                 |                  |             |                   |
| Wrap, Crispy Chicken                          | 1 ea            | 433             | 44         | X           |            | X            | X          |                 |                  |             |                   |
| Wrap, Turkey/Cheese                           | 1 ea            | 321             | 32         | X           |            | X            | X          |                 |                  |             |                   |
| Wrap, Turkey Club*                            | 1 ea            | 483             | 32         | X           |            | 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            | 192             | 32         | X           | X          | X            | X          |                 |                  |             |                   |

\* Contains Pork  
WG is Whole Grain  
IW is Individually Wrapped

**HEB Child Nutrition  
2021-2022  
Carbohydrate Allergen List**

| <b>ENTRÉE MENU 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> |
|--|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| 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            | 192             | 32         | 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            | 192             | 32         | X           | X          | X            | X          |                 |                  |             |                   |
| Yogurt Cup, 4oz, Variety                         | 1 ea            | 100             | 20         | X           |            |              |            |                 |                  |             |                   |

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**HEB Child Nutrition  
2021-2022  
Carbohydrate Allergen List**

| <b>GRAIN MENU ITEMS</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> |
|---|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| Bagel, Strawberry/Cream Cheese, WG, IW  | 1 pkg           | 230             | 42         | X           |            | X            |            |                 |                  |             |                   |
| Biscuits Easy Split, WG                 | 1 ea            | 240             | 27         | X           |            | X            |            |                 |                  |             |                   |
| Breadstick, French                      | 1 ea            | 140             | 28         | X           |            | X            | X          |                 |                  |             |                   |
| Brownie, IW                             | 1 ea            | 160             | 32         | X           | X          | X            | X          |                 |                  |             |                   |
| Cereal Bar, Cinn Tst Crunch Filled      | 1 ea            | 260             | 41         | X           |            | X            |            |                 |                  |             |                   |
| Cereal Bar, Cocoa Puffs Filled          | 1 ea            | 260             | 44         | X           |            | X            |            |                 |                  |             |                   |
| <b>Cereal, bowlpak:</b>                 |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| Cheerios, WG                            | 1 ea            | 100             | 21         |             |            |              |            |                 |                  |             |                   |
| Cinnamon Toast Crunch, WG               | 1 ea            | 120             | 22         |             |            | X            | X          |                 |                  |             |                   |
| Cocoa Puffs, WG                         | 1 ea            | 120             | 25         |             |            | X            |            |                 |                  |             |                   |
| Froot Loops, WG                         | 1 ea            | 110             | 24         |             |            | X            | X          |                 |                  |             |                   |
| Frosted Flakes, WG                      | 1 ea            | 110             | 24         |             |            | X            |            |                 |                  |             |                   |
| HoneyNut Cheerios, WG                   | 1 ea            | 110             | 23         |             |            |              |            |                 | X                |             |                   |
| Lucky Charms, WG                        | 1 ea            | 110             | 23         |             |            |              |            |                 |                  |             |                   |
| Trix, WG                                | 1 ea            | 110             | 24         |             |            | X            |            |                 |                  |             |                   |
| <b>Cinnamon Roll, WG</b>                |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| Cinnamon Roll, Mini, WG, IW             | 1 pkg           | 130             | 22         | X           |            | X            | X          |                 | X                |             |                   |
| Cinnis, Mini, WG, IW                    | 1 pkg           | 240             | 40         | X           |            | X            |            |                 |                  |             |                   |
| Cookie, Carnival, WG, Alacarte          | 1 ea            | 110             | 18         | X           | X          | X            | X          | X               |                  |             |                   |
| Cookie, Chocolate Chip, WG, Alacarte    | 1 ea            | 110             | 18         | X           | X          | X            | X          | X               |                  |             |                   |
| Cookie, Chocolate Chip, IW              | 1 ea            | 160             | 27         | X           | X          | X            | X          |                 |                  |             |                   |
| Cookie, Double Chocolate, WG, Alacarte  | 1 ea            | 110             | 18         | X           | X          | X            | X          | X               |                  |             |                   |
| Corn Chips, RF (Fritos)                 | 1 oz            | 140             | 19         |             |            |              |            |                 |                  |             |                   |
| Crescent, Chocolate Filled, WG, IW      | 1 pkg           | 240             | 37         | X           |            | X            |            |                 |                  |             |                   |
| Crunchmania, Cinnamon Bun, IW           | 1 pkg           | 215             | 37         | X           |            | X            | X          |                 |                  |             |                   |
| Donut w/Glaze                           | 1 ea            | 311             | 38         | X           | X          | X            | X          |                 |                  |             |                   |
| Donut, Minis - Chocolate, IW            | 1 pkg           | 347             | 45         | X           | X          | X            | X          |                 |                  |             |                   |
| Donut, Minis - Powdered, IW             | 1 pkg           | 270             | 41         | X           | X          | X            | X          |                 |                  |             |                   |
| French Toast Bites                      | 6 ea            | 380             | 38         | X           | X          | X            | X          |                 |                  |             |                   |
| French Toast, Cinnamon Glazed IW        | 1 pkg           | 210             | 26         | X           | X          | X            | X          |                 |                  |             |                   |
| French Toast Minis, IW                  | 1 pkg           | 220             | 37         | X           | X          | X            | X          |                 |                  |             |                   |
| French Toast Sticks, WG                 | 3 ea            | 160             | 23         |             | X          | X            |            |                 |                  |             |                   |
| Garlic Knot Roll                        | 1 ea            | 170             | 23         | X           |            | X            | X          |                 |                  |             |                   |
| Goldfish Crackers, WG, IW               | 1 pkg           | 100             | 14         | X           |            | X            |            |                 |                  |             |                   |
| Granola, Chocolate, IW                  | 1 pkg           | 120             | 21         |             |            |              |            |                 |                  |             |                   |
| Granola, Strawberry IW                  | 1 pkg           | 120             | 21         |             |            |              |            |                 |                  |             |                   |
| Grahams, IW                             |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Bug Bites                             | 1 pkg           | 120             | 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          |                 |                  |             |                   |
| • Gripz, Chocolate Chip                 | 1 pkg           | 120             | 20         | X           |            | X            | X          |                 |                  |             |                   |
| • Scooby Doo                            | 1 pkg           | 123             | 21         |             |            | 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          |                 |                  |             |                   |

WG is Whole Grain  
IW is Individually Wrapped

**HEB Child Nutrition  
2021-2022  
Carbohydrate Allergen List**

| <b>GRAIN MENU ITEMS</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> |
|---|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| 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          |                 |                  |             |                   |
| Pancakes, WG, 1.14oz/ea                     | 2 ea            | 140             | 28         |             | X          | X            | X          |                 |                  |             |                   |
| Pancakes, Confetti, WG, IW                  | 1 pkg           | 210             | 35         | X           | X          | X            | X          |                 |                  |             |                   |
| Pancakes, Mini, Maple, WG, IW               | 1 pkg           | 210             | 35         | 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, Brown, Steamed                        | 1/2 cup         | 170             | 21         |             |            |              |            |                 |                  |             |                   |
| Rice, Mexican, WG                           | 1/2 cup         | 202             | 41         |             |            |              |            |                 |                  |             |                   |
| Rice, Seasoned, WG                          | 1/2 cup         | 192             | 36         | X           |            |              | X          |                 |                  |             |                   |
| 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          |                 |                  |             |                   |
| Snack Mix, Munchies/Kids                    | 1 pkg           | 110             | 17         | X           |            | X            |            |                 |                  |             |                   |
| Toast, WG, Buttered                         | 1 ea            | 97              | 15         | X           |            | X            | X          |                 |                  |             |                   |
| Toast, WG, Cinnamon                         | 1 ea            | 102             | 16         | X           |            | X            | X          |                 |                  |             |                   |
| Toast, Texas                                | 1 ea            | 137             | 22         | X           |            | X            | X          |                 |                  |             |                   |
| Tortilla Chips, IW, 1.6oz                   | 1 ea            | 210             | 25         |             |            |              |            |                 |                  |             |                   |
| Tortilla Chips RF, WG, Bulk                 | 2oz             | 291             | 34         |             |            |              |            |                 |                  |             |                   |
| Waffle Sticks 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 Round, WG                            | 1 ea            | 80              | 12         | X           | X          | X            | X          |                 |                  |             |                   |
| Waffle, Dutch 5", WG                        | 1 ea            | 300             | 43         | X           | X          | X            | X          |                 |                  |             |                   |
| Waffle, Mini Maple, WG, IW                  | 1 pkg           | 190             | 36         | X           | X          | X            | X          |                 |                  |             |                   |

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| <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, Unsweetened               | 1/2 cup         | 50              | 14         |             |            |              |            |                 |                  |             |                   |
| Beans, Baked, Vegetarian                  | 1/2 cup         | 132             | 29         |             |            |              |            |                 |                  |             |                   |
| Beans, Fiesta Taco                        | 1/2 cup         | 110             | 20         |             |            |              |            |                 |                  |             |                   |
| Beans, Ranch                              | 1/2 cup         | 130             | 21         |             |            |              | X          |                 |                  |             |                   |
| Beans, Refried                            | 1/2 cup         | 189             | 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, Asstd Flavors                   | 1 pkg           | 110             | 28         |             |            |              |            |                 |                  |             |                   |
| Green Beans, Frozen                       | 1/2 cup         | 28              | 5.5        |             |            |              |            |                 |                  |             |                   |
| Fruit Cocktail in Pear Juice              | 1/2 cup         | 60              | 16         |             |            |              |            |                 |                  |             |                   |
| Juice, Apple - Fresh                      |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • 4 oz                                    | 1 ctn           | 60              | 14         |             |            |              |            |                 |                  |             |                   |
| • 6 oz                                    | 1 ctn           | 80              | 20         |             |            |              |            |                 |                  |             |                   |
| Juice, Fruit Blend, 4 oz - Fresh          | 1 ctn           | 60              | 14         |             |            |              |            |                 |                  |             |                   |
| Juice, Orange - Fresh                     |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • 4 oz                                    | 1 ctn           | 60              | 12         |             |            |              |            |                 |                  |             |                   |
| • 6 oz                                    | 1 ctn           | 80              | 20         |             |            |              |            |                 |                  |             |                   |
| Juice, RIPS, Asstd (frozen)               | 1 ea            | 60              | 16         |             |            |              |            |                 |                  |             |                   |
| Juice, Box- Shelf Stable (4.23oz)         |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| • Apple                                   | 1 ctn           | 60              | 14         |             |            |              |            |                 |                  |             |                   |
| • Berry                                   | 1 ctn           | 60              | 17         |             |            |              |            |                 |                  |             |                   |
| • Grape                                   | 1 ctn           | 80              | 20         |             |            |              |            |                 |                  |             |                   |
| • Orange/Tangerine                        | 1 ctn           | 60              | 15         |             |            |              |            |                 |                  |             |                   |
| 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             | 24         |             |            |              |            |                 |                  |             |                   |
| Juice, Froot Jooce Slush (frozen)         | 1 ea            | 90              | 23         |             |            |              |            |                 |                  |             |                   |
| Juice, Fruit Rush (frozen)                | 1 ea            | 110             | 27         |             |            |              |            |                 |                  |             |                   |
| Mandarin Oranges w/Grapes                 | 1/2 cup         | 109             | 18         |             |            |              |            |                 |                  |             |                   |
| Mandarin Oranges                          | 1/2 cup         | 88              | 23.3       |             |            |              |            |                 |                  |             |                   |
| Mixed Fruit Cup IW                        | 1 ea            | 60              | 16         |             |            |              |            |                 |                  |             |                   |
| Mixed Fruit Cup w/Cherry Juice, IW        | 1 ea            | 60              | 15         |             |            |              |            |                 |                  |             |                   |
| 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          | 170             | 28         |             |            |              |            |                 |                  |             |                   |
| Potato, Mashed                            | 1/2 cup         | 80              | 17         | X           |            |              |            |                 |                  |             |                   |



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| <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> |
|---------------------------------|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| Potato, Sidewinder, Fries       | ~6 ea           | 141             | 24         |             |            |              |            |                 |                  |             |                   |
| Potato, Smiles                  | 5 ea            | 173             | 27         |             |            |              |            |                 |                  |             |                   |
| Raisels, Asstd Flavors          | 1 pkg           | 155             | 39         |             |            |              |            |                 |                  |             |                   |
| Raisins, IW                     | 1 pkg           | 130             | 31         |             |            |              |            |                 |                  |             |                   |
| 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          |             |            |              |            |                 |                  |             |                   |
| 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, (hashbrown potato) | ~12 pc          | 156             | 19         |             |            |              |            |                 |                  |             |                   |
| <b>Fresh Fruits/Veggies</b>     |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| 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       |             |            |              |            |                 |                  |             |                   |

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| <b>SNACK/BEVERAGE ITEMS</b>        | <b>Serving 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>BEVERAGES FOR ALL</b>           |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| <b>Capri Sun:</b>                  |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| Apple Splash                       | 6 oz                | 80              | 20         |             |            |              |            |                 |                  |             |                   |
| Berry Breeze                       | 6 oz                | 90              | 21         |             |            |              |            |                 |                  |             |                   |
| Fruit Dive                         | 6 oz                | 80              | 21         |             |            |              |            |                 |                  |             |                   |
| <b>Switch:</b>                     |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| Cherry                             | 8 oz                | 120             | 30         |             |            |              |            |                 |                  |             |                   |
| Fruit Punch                        | 8 oz                | 120             | 30         |             |            |              |            |                 |                  |             |                   |
| Strawberry/Watermelon              | 8 oz                | 120             | 29         |             |            |              |            |                 |                  |             |                   |
| Tropical Pineapple                 | 8 oz                | 120             | 30         |             |            |              |            |                 |                  |             |                   |
| <i>Junior and High School only</i> |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| <b>IZZE, Sparkling Juice:</b>      |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| 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         |             |            |              |            |                 |                  |             |                   |
| <i>High School only</i>            |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| <b>Gatorade G2:</b>                |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| Fruit Punch                        | 12 oz               | 30              | 8          |             |            |              |            |                 |                  |             |                   |
| Glacier Freeze                     | 12 oz               | 30              | 8          |             |            |              |            |                 |                  |             |                   |
| Grape                              | 12 oz               | 30              | 8          |             |            |              |            |                 |                  |             |                   |
| Orange                             | 12 oz               | 35              | 8          |             |            |              |            |                 |                  |             |                   |
| <b>Gatorade Zero:</b>              |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| 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          |             |            |              |            |                 |                  |             |                   |
| <b>Propel:</b>                     |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| 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          |             |            |              |            |                 |                  |             |                   |
| <b>Fruit Splash Water:</b>         |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| Acai Grape                         | 16.9 oz             | 0               | 0          |             |            |              |            |                 |                  |             |                   |
| Lemon                              | 16.9 oz             | 0               | 0          |             |            |              |            |                 |                  |             |                   |
| Wild Berry                         | 16.9 oz             | 0               | 0          |             |            |              |            |                 |                  |             |                   |

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| <b>SNACK/BEVERAGE ITEMS</b>         | <b>Serving 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>ICE, Sparkling Water:</b>        |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| 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          |             |            |              |            |                 |                  |             |                   |
| <b>SNACKS FOR ALL</b>               |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| <b>Chips, IW</b>                    |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| 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             | 14         | 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          |                 |                  |             |                   |
| Snack Mix, Kids Mix                 | 1 pkg               | 110             | 17         | X           |            | X            |            |                 |                  |             |                   |
| Sunchips Snack Mix, Harvest Cheddar | 1 pkg               | 110             | 17         | X           |            | X            |            |                 |                  |             |                   |
| <b>Crackers, IW</b>                 |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| Bug Bites                           | 1 pkg               | 120             | 21         |             |            | X            | X          |                 |                  |             |                   |
| Chats, Vanilla Graham               | 1 pkg               | 120             | 21         |             |            | X            | X          |                 |                  |             |                   |
| Cheez-It, WG                        | 1 pkg               | 100             | 14         | X           |            | X            | X          |                 |                  |             |                   |
| Crunchmania, Cinnamon Bun           | 1 pkg               | 210             | 37         | X           |            | X            | X          |                 |                  |             |                   |
| Crunchmania, French Toast           | 1 pkg               | 210             | 38         | X           |            | X            | X          |                 |                  |             |                   |
| Goldfish, Cheddar                   | 1 pkg               | 100             | 14         | X           |            | X            |            |                 |                  |             |                   |
| Goldfish, Colored                   | 1 pkg               | 100             | 14         | X           |            | X            |            |                 |                  |             |                   |
| Goldfish, Pretzel                   | 1 pkg               | 90              | 16         | X           |            | X            |            |                 |                  |             |                   |
| Graham Gripz, Chocolate Chip        | 1 pkg               | 120             | 20         | X           |            | X            | X          |                 |                  |             |                   |
| Scooby-Doo Grahams                  | 1 pkg               | 120             | 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               | 120             | 21         |             |            | X            | X          |                 |                  |             |                   |
| Wheat Crackers                      | 1 pkg               | 90              | 15         | X           |            | X            |            |                 |                  |             |                   |

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| <b>SNACK/BEVERAGE ITEMS</b>       | <b>Serving 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>Grain Bars</b>                 |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| Cereal, Cinnamon Toast Crunch     | 1 pkg               | 160             | 30         |             |            | X            |            |                 |                  |             |                   |
| Cereal, Cocoa Puffs               | 1 pkg               | 160             | 30         |             |            | X            | X          |                 |                  |             |                   |
| Cereal, Golden Graham             | 1 pkg               | 160             | 30         |             |            | X            | X          |                 |                  |             |                   |
| Cereal, Trix                      | 1 pkg               | 160             | 29         |             |            | 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, Blueberry         | 1 pkg               | 160             | 30         | X           |            | X            | X          |                 |                  |             |                   |
| Nutrigrain Bar, Strawberry        | 1 pkg               | 160             | 29         | X           |            | X            | X          |                 |                  |             |                   |
| Oatmeal Bar, Apple                | 1 pkg               | 140             | 23         | X           | X          | X            | X          |                 |                  |             |                   |
| Oatmeal Bar, Strawberry           | 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, Mini, Original, WG | pkg/0.42oz          | 50              | 9          | X           |            |              | X          |                 |                  |             |                   |
| <b>Other Snacks</b>               |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| Brownie, LF, IW                   | 1 pkg               | 150             | 28         | X           | 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           |            |              |            |                 |                  |             |                   |
| Pirate's Booty                    | 1 ea                | 100             | 14         | X           |            |              |            |                 |                  |             |                   |
| Popcorn, Cheddar                  | 1 pkg               | 80              | 12         | X           |            |              |            |                 |                  |             |                   |
| Popcorn, Kettle                   | 1 pkg               | 130             | 20         | X           |            | X            | X          | X               | X                |             |                   |
| Popcorn, RF White Cheddar         | 1 pkg               | 70              | 9          | X           |            |              |            |                 |                  |             |                   |
| Pretzels, Heartzels               | 1 pkg               | 80              | 16         |             |            | X            |            |                 |                  |             |                   |
| <b>ICE CREAM</b>                  |                     |                 |            |             |            |              |            |                 |                  |             |                   |
| 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           |            |              |            |                 |                  |             |                   |
| Special Holiday Cups              | 1 ea                | 80              | 16         | X           |            |              |            |                 |                  |             |                   |

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| <b>CONDIMENTS</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> |
|-----------------------------------|-----------------|-----------------|------------|-------------|------------|--------------|------------|-----------------|------------------|-------------|-------------------|
| 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          |              |            |                 |                  |             |                   |
| <b>DAIRY PRODUCTS</b>             |                 |                 |            |             |            |              |            |                 |                  |             |                   |
| <b>DAIRY PRODUCTS</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> |
| 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           |            |              |            |                 |                  |             |                   |