

**HEB Child Nutrition  
2018-2019  
Carbohydrate Allergen List**

<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	9								
Cranberry Sauce, PC	0.5 oz	25	6								
Dressing, Balsamic (JH/HS)	1 oz	60	4								
Dressing, Caesar (JH/HS)	1 oz	55	1	X	X						
Dressing, Italian, PC	12 gm	10	2				X				
Dressing, Raspberry Vinaigrette (JH/HS)	1 oz	30	7								
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, Ass'd, PC	1 ea	35	7								
Ketchup, PC	1 ea	10	2								
Ketchup, PC	1 ea										
Margarine Cups, PC	1 ea	30	0	X			X				
Mayonnaise, Light, PC	1 ea	0	1		X		X				
Mustard, PC	1 ea	0	0								
Olives, Black	2 Tbsp	20	1								
Peppers, Jalapeno sliced	1 oz	5	1								
Pickle, Dill Slices	4 slices	1.2	0								
Sauce, Picante (Salsa)	2 Tbsp	9	3								
Sauce, Marinara	2 oz	46	7								
Syrup, PC	1 oz	80	20								
Tartar Sauce, PC	12 gm	45	2		X						
<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							