

**HEB Child Nutrition
2024-2025
Carbohydrate Allergen List**

ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
BBQ Rib Sandwich												
• Beef Rib Patty w/BBQ	1 ea	222	13	X		X	X					
• Bun, Hamburger, WG	1 bun	150	30			X	X					X
Beef Chicken Fried Steak	1 ea	220	14			X						
Beef Steak Fingers	4 ea	230	15			X						
Breakfast Wrap/Burrito Egg/Cheese/Sausage	1 ea	200	22	X	X	X						
Breakfast on a Stick, WG	1 ea	190	17		X	X	X					
*Breakfast Taco												
• Eggs Omelet w/ Cheese	1 ea	110	1	X	X							
• Bacon (Pork)	1 slice	90										
• Flour Tortilla	1 ea	90	16			X						
Burrito, Bean & Cheese, IW	1 ea	327	44	X		X	X					
Burrito, Breakfast - Egg/Turkey Sausage IW	1 ea	172	18	X	X	X	X					
Calzone, Cheese, WG (JH/HS)	1 ea	425	42	X		X	X					
*Calzone, Pepperoni, WG (JH/HS) (Pork)	1 ea	425	42	X		X	X					
Cheese Bites, Breaded WG	4 ea	280	28	X		X						
Cheese Bites w/Jalapeno Breaded WG (JH/HS)	5 ea	362	35	X		X						
Cheese Cubes, Cheddar	1 pkg	90	0	X								
Cheese String, Mozzarella, IW	1 ea	60	1	X								
Chicken Alfredo	1 cup	356	38	X	X	X	X					
Chicken & Biscuit (Breakfast)												
• Chicken Brkfst Patty WG New	1 ea	90	6			X	X					
• Biscuit Easy Split	1 ea	220	29	X		X						
Chicken & Waffle (Breakfast) New												
• Chicken Brkfst Patty WG	1 ea	90	6			X	X					
• Waffle Eggoji	2 ea	170	28	X	X	X	X					
Chicken Breast Bites/Nuggets WG	5 ea	270	122	X		X						
Chicken Drumstick, Breaded WG	1 ea	220	6			X						
Chicken Drumstick, Roasted	1 ea	160	2									
Chicken Nuggets, Mega Minis, WG	10 ea	260	14			X						
Chicken Popcorn, WG	12 ea	250	16			X	X					
Chicken Smackers WG	10 ea	240	18	X		X	X					
Chicken Smackers/Large Popcorn WG	10 ea	270	19	X		X	X					
Chicken w/ Orange Sauce WG	1 cup	265	32	X		X	X					
Chicken Breaded, w/Mango Habareno WG	1 cup	292	31	X		X	X					
Chicken, w/ Sweet & Sour Sauce, Breaded, WG	1/2 cup	278	38		X	X						
Chicken Breaded, w/Sweet Red Chili Sauce WG	1 cup	320	38	X		X	X					
Chicken Tenders WG (EL)	2 ea	230	12			X	X					
Chicken Tenders, WG (JH/HS)	3 ea	280	16			X						
Corn Dog, Chicken WG	1 ea	240	30		X	X	X					
Chicken Tetrazzini	~6oz	312	31	X	X	X	X					
Eggs, Scrambled, w/ Cheese	2 oz	118	3	X	X							
Enchilada, Cheese w/ Enchilada Sauce	2 ea	738	24	X								
Fish Nuggets, WG	4 ea	230	20			X				X		
Frito Pie												
• Chili w/ No Beans	1/2 cup	174	15				X					
• Corn Chips, RF (Fritos)	1.5oz	244	24									
• Cheese, Shredded	0.5 oz	35	1	X								

* Contains Pork
WG is Whole Grain
IW is Individually Wrapped

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Carbohydrate Allergen List**

FRT/VEG ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Canned/Frozen Fruits & Veggies												
Applesauce Cup, Unsweetened,	1/2 cup	60	16									
Beans, Baked, Vegetarian	1/2 cup	140	30									
Beans, Ranch	1/2 cup	150	23				X					
Beans, Refried	1/2 cup	200	28									
Bahama Vegetables	1/2 cup	27	5									
Broccoli, Steamed	1/2 cup	26	5									
California Blend Vegetables	1/2 cup	25	5									
Carrots, Steamed	1/2 cup	31	7									
Corn, Whole Kernel, Frozen	1/2 cup	67	16									
Corn on the Cob, petite	1 ea	80	20									
Craisins, Asstd Flavors	1 pkg	110	27									
Green Beans, Frozen	1/2 cup	23	5									
Fruit Cup, Mixed Fruit IW	1/2 cup	50	13									
Fruit Cup, Peaches IW	1/2 cup	50	12									
Fruit Cup, Pears IW	1/2 cup	50	12									
Juice, Apple												
• 4 oz	1 ctn	60	14									
• 6 oz	1 ctn	90	21									
Juice, Fruit Punch												
• 4 oz	1 ctn	60	14									
• 6 oz	1 ctn	90	22									
Juice Fruit 4oz - Grape	1 ctn	90	21									
Juice, Orange												
• 4 oz	1 ctn	60	14									
• 6 oz	1 ctn	90	20									
Juice Fruit 4 oz - Orange Pineapple	1 ctn	60	14									
Juice, Cool Tropics Asstd (frozen)	1 ea	60	15									
Juice, Box- Shelf Stable (4.23oz)												
• Asstd Flavors	1 ctn	65	17									
Juice Capri Sun, Asstd Flavors	1 ea/6oz	87	19									
Mandarin Oranges	1/2 cup	84	20									
Onion Rings	5 ea	200	30	X	X	X	X					
Peas, Green and Carrots	1/2 cup	60	11									
Pineapple Tidbits w/Cherry Halves	1/2 cup	75	17									
Potato, French Fries	~8 pc	103	15									
Potato, Mashed GF	1/2 cup	80	17	X								
Potato, Sidewinder, Fries	~5 ea	114	18									
Potato, Smiles	5 ea	169	26									
Potato Rounds/Tots	8 pc	90	14									
Raisels, Asstd Flavors	1 pkg	160	37									
Raisins, IW	1 pkg	135	33									
Salad, Cucumber Chili Lime	1/2 cup	15	4									
Salad, Tossed	1 cup	22	5									
Strawberry Fruit Cup, frozen	1/2 cup	120	33									

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FRT/VEG ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Fresh Fruits/Veggies												
Apples, Sliced, (IW)	1 pkg	30	7									
Apples, Whole - Variety	1 ea	75	20									
Bananas, regular	1 ea	90	23									
Beet Sticks	1/2 cup	40	9									
Broccoli (fresh)	1/2 cup	11	2									
Broccoli & Cauliflower (fresh)	1/4 cup	6	1									
Cabbage, Shredded	1/4 cup	4	1									
Cantaloupe	1/2 cup	46	11									
Cantaloupe/Honeydew	1/2 cup	57	14									
Carrots, baby, 2.6oz (IW)	1 pkg	27	7									
Carrots, shredded	1/8 cup	12	3									
Cauliflower, (fresh)	1/4 cup	6	1.2									
Celery Sticks	3 oz	10	2									
Cucumbers, sliced	1/4 cup	5	1.1									
Grapes, Seedless	1/2 cup	57	15									
Honeydew	1/2 cup	72	15									
Jicama, sticks	1/2 cup	29	7									
Lettuce, Iceberg	1/2 cup	6	1.3									
Lettuce, Romaine	1/2 cup	5	1									
Lettuce, Romaine & Spinach	1/2 cup	6	1.1									
Onion, Red	1/8 cup	6	1.5									
Oranges	1 ea	60	15									
Pear, Fresh	1 ea	84	21									
Pepper, Bell (Green/Red) sliced	1/4 cup	6	1.5									
Salad, Burger	1/2 cup	20	4.7									
Salad, Mexican	1/2 cup	18	3.8									
Salad, Pico De Gallo	1/2 cup	12	3.1									
Spinach, (fresh)	1/2 cup	8	1.3									
Squash, Yellow, Slices	1/4 cup	6	1									
Squash, Zucchini, Slices	1/4 cup	6	1									
Sugar Snap Peas, fresh	1/4 cup	20	3.6									
Strawberries, fresh	1/2 cup	37	9									
Sweet Potato, Sticks, Raw	1/4 cup	43	10									
Tomato, Cherry	1/4 cup	7.5	1.5									
Tomato, (sliced - 1/8" thick)	1/8 cup	8	2									
Watermelon	1/2 cup	45	11.4									

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GRAIN MENU ITEMS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Bagel Filled Cream Cheese WG, Asstd	1 pkg	230	42	X		X						
Biscuits Easy Split	1 ea	220	29	X		X						
Bread Stick Garlic New	1 ea	160	24	X	X	X	X					
Bread Texas Toast Garlic	1 ea	100	14	X		X	X					
Cereal, 1oz Bowlpak:												
Apple Jacks WG	1 ea	100	24			X						
Cheerios GF WG	1 ea	100	21									
Cheerios Honey GF WG	1 ea	110	22									
Chex Blueberry GF WG	1 ea	120	23									
Chex Cinnamon GF WG	1 ea	110	23									
Cinnamon Toast Crunch WG	1 ea	110	22				X					
Cocoa Puffs WG	1 ea	120	25			X						
Froot Loops WG	1 ea	100	24			X						
Frosted Flakes WG	1 ea	100	24			X						
Golden Grahams WG	1 ea	110	24			X						
Lucky Charms GF WG	1 ea	110	23									
Trix WG	1 ea	110	23									
Cereal, 2oz Bowlpak:												
Cherrios Honey GF WG	1 ea	210	44									
Chex Blueberry GF WG	1 ea	240	46									
Chex Cinnamon GF WG	1 ea	230	46									
Cinnamon Toast Crunch WG	1 ea	210	44			X	X					
Cocoa Puffs WG	1 ea	220	47			X						
Frosted Flakes WG	1 ea	210	51			X						
Lucky Charms GF WG	1 ea	210	47									
Trix WG	1 ea	220	46									
Chips, IW												
Cheetos Baked Crunchy GF WG	1 pkg	120	16	X								
Cheetos Baked Flamin Hot GF WG	1 pkg	120	16	X								
Cheetos Bkd Flamin Hot Limon GF WG	1 pkg	110	18	X								
Cheetos Baked Puffs GF WG	1 pkg	90	13	X								
Doritos RF Cool Ranch WG	1 pkg	130	20	X								
Doritos RF Flamas WG	1 pkg	130	20	X								
Doritos RF Nacho Cheese WG	1 pkg	130	20	X								
Doritos RF Sweet/Spicy WG	1 pkg	130	20			X	X					
Doritos RF Wild Nacho Cheese WG	1 pkg	130	20	X								
Fantastix Chili Cheese GF WG	1 pkg	130	19	X								
Fantastix Flamin Hot GF WG	1 pkg	130	20	X								
Fantastix Ranch WG New	1 pkg	120	18	X								
Funyuns WG	1 pkg	100	14	X								
Munchies Snack Mix	1 pkg	110	18	X		X						
Cinnamon Roll WG	1 ea	240	40	X	X	X	X					
Cinnis Mini Caramel WG IW New	1 ea	210	35	X		X						
Cinnis Mini Cinnamon WG IW	1 ea	230	41	X		X						
Cookie Chocolate Chip WG IW	1 pkg	170	27	X	X	X	X					
Cookie Hershey's Chocolate Chip WG IW	1 pkg	200	30	X	X	X	X					
Cookie Cocoa Crispy Bites	1 pkg	120	21	X		X	X					
Corn Chips, Fritos GF	1 oz	160	16									

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GRAIN MENU ITEMS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Crackers, IW												
Cheez-It, WG	1 pkg	100	14	X		X	X					
Crunch-N-Crave WG	1 pkg	190	30			X						
Chex Mix, Cheddar WG	1 pkg	110	20	X		X						
Chex Mix, Strawberry Yogurt WG	1 pkg	120	23	X		X	X					
Goldfish, Cheddar WG	1 pkg	100	14	X		X						
Graham Crackers (Eggo) Cinnamon Toast Crunch WG IW	1 pkg	210	38	X		X	X					
Graham Crackers (Eggo) Original WG IW	1 pkg	210	37	X		X	X					
Donuts, IW												
Crescent Filled WG Chocolate	1 ea	240	38	X		X						
Donut Cake Glazed, Asstd, WG IW	1 ea	310	47	X		X	X					
Donut Holes Cup, Asstd, WG IW	1 pkg	270	40	X	X	X	X					
Donut Holes Glazed Yeast WG New	8 ea	380	54	X	X	X	X					
Donut Mini Rounds - Chocolate WG	1 pkg	320	42	X	X	X	X					
Donut Mini Rounds - Powdered WG	1 pkg	270	41	X	X	X	X					
Donut Pull-a-Part Yeast WG IW	1 pkg	240	31	X	X	X	X					
Donut Ring Glazed Yeast WG	1 ea	311	38	X	X	X	X					
Dunkin Stick Twin Pk, WG IW	1 pkg	300	48	X	X	X	X					
Flatbread WG New	1 ea	180	28	X		X	X					X
French Toast Mini, Asstd Flavors WG	1 pkg	215	36	X	X	X	X					
French Toast Sticks WG	3 ea	170	25		X	X	X					X
Frudel Asstd Flavors WG	1 ea	205	38	X		X						
Granola, Asstd Flavors, WG, IW	1 pkg	120	21									
Grahams, IW												
Bug Bites Cinnamon	1 pkg	120	21			X	X					
Chats Vanilla	1 pkg	120	21			X	X					
Giant Goldfish Vanilla	1 pkg	120	19			X						
Scooby Doo Cinnamon	1 pkg	120	21			X	X					
Tiger Grahams, Chocolate	1 pkg	120	20			X	X					
Tiger Grahams, Original	1 pkg	120	21			X	X					
Grain Bars, IW												
Bar, Benefit WG IW Banana Choc. Chip	1 pkg	280	47	X	X	X	X					
Bar, Breakfast Rounds WG, IW Asstd	1 pkg	280	39	X	X	X	X					
Brownie, Chocolate WG IW	1 ea	160	31	X	X	X	X					
Cereal Bar Soft Filled Cinn. Tst Crunch IW	1 ea	260	41	X		X						
Cereal Bar WG IW Asstd	1 ea	160	30			X	X					
Nutrigrain Bar WG IW Asstd	1 ea	150	31	X		X	X					
Rice Krispies Treat, WG IW Asstd	1 ea	180	33	X			X					
Rice Krispies Treat, Mini WG IW	1 ea	50	9	X			X					
Loaves, IW												
Hushpuppies	3 ea	150	21	X	X	X	X					
Loaf, Banana WG IW	1 ea	280	51	X	X	X	X					
Loaf, Cinnamon Crumb WG IW	1 ea	290	55	X	X	X	X					

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Bagel Filled Cream Cheese WG, Asstd	1 pkg	230	42	X		X						
Biscuits Easy Split	1 ea	220	29	X		X						
Bread Stick Garlic New	1 ea	160	24	X	X	X	X					
Bread Texas Toast Garlic	1 ea	100	14	X		X	X					
Cereal, 1oz Bowlpak:												
Apple Jacks WG	1 ea	100	24			X						
Cheerios GF WG	1 ea	100	21									
Cheerios Honey GF WG	1 ea	110	22									
Chex Blueberry GF WG	1 ea	120	23									
Chex Cinnamon GF WG	1 ea	110	23									
Cinnamon Toast Crunch WG	1 ea	110	22				X					
Cocoa Puffs WG	1 ea	120	25			X						
Froot Loops WG	1 ea	100	24			X						
Frosted Flakes WG	1 ea	100	24			X						
Golden Grahams WG	1 ea	110	24			X						
Lucky Charms GF WG	1 ea	110	23									
Trix WG	1 ea	110	23									
Cereal, 2oz Bowlpak:												
Cherrios Honey GF WG	1 ea	210	44									
Chex Blueberry GF WG	1 ea	240	46									
Chex Cinnamon GF WG	1 ea	230	46									
Cinnamon Toast Crunch WG	1 ea	210	44			X	X					
Cocoa Puffs WG	1 ea	220	47			X						
Frosted Flakes WG	1 ea	210	51			X						
Lucky Charms GF WG	1 ea	210	47									
Trix WG	1 ea	220	46									
Chips, IW												
Cheetos Baked Crunchy GF WG	1 pkg	120	16	X								
Cheetos Baked Flamin Hot GF WG	1 pkg	120	16	X								
Cheetos Bkd Flamin Hot Limon GF WG	1 pkg	110	18	X								
Cheetos Baked Puffs GF WG	1 pkg	90	13	X								
Doritos RF Cool Ranch WG	1 pkg	130	20	X								
Doritos RF Flamas WG	1 pkg	130	20	X								
Doritos RF Nacho Cheese WG	1 pkg	130	20	X								
Doritos RF Sweet/Spicy WG	1 pkg	130	20			X	X					
Doritos RF Wild Nacho Cheese WG	1 pkg	130	20	X								
Fantastix Chili Cheese GF WG	1 pkg	130	19	X								
Fantastix Flamin Hot GF WG	1 pkg	130	20	X								
Fantastix Ranch WG New	1 pkg	120	18	X								
Funyuns WG	1 pkg	100	14	X								
Munchies Snack Mix	1 pkg	110	18	X		X						
Cinnamon Roll WG	1 ea	240	40	X	X	X	X					
Cinnis Mini Caramel WG IW New	1 ea	210	35	X		X						
Cinnis Mini Cinnamon WG IW	1 ea	230	41	X		X						
Cookie Chocolate Chip WG IW	1 pkg	170	27	X	X	X	X					
Cookie Hershey's Chocolate Chip WG IW	1 pkg	200	30	X	X	X	X					
Cookie Cocoa Crispy Bites	1 pkg	120	21	X		X	X					
Corn Chips, Fritos GF	1 oz	160	16									

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GRAIN MENU ITEMS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Crackers, IW												
Cheez-It, WG	1 pkg	100	14	X		X	X					
Crunch-N-Crave WG	1 pkg	190	30			X						
Chex Mix, Cheddar WG	1 pkg	110	20	X		X						
Chex Mix, Strawberry Yogurt WG	1 pkg	120	23	X		X	X					
Goldfish, Cheddar WG	1 pkg	100	14	X		X						
Graham Crackers (Eggo) Cinnamon Toast Crunch WG IW	1 pkg	210	38	X		X	X					
Graham Crackers (Eggo) Original WG IW	1 pkg	210	37	X		X	X					
Crescent Filled WG Chocolate												
Crescent Filled WG Chocolate	1 ea	240	38	X		X						
Donut Cake Glazed, Asstd, WG IW	1 ea	310	47	X		X	X					
Donut Holes Cup, Asstd, WG IW	1 pkg	270	40	X	X	X	X					
Donut Holes Glazed Yeast WG New	8 ea	380	54	X	X	X	X					
Donut Mini Rounds - Chocolate WG	1 pkg	320	42	X	X	X	X					
Donut Mini Rounds - Powdered WG	1 pkg	270	41	X	X	X	X					
Donut Pull-a-Part Yeast WG IW	1 pkg	240	31	X	X	X	X					
Donut Ring Glazed Yeast WG	1 ea	311	38	X	X	X	X					
Dunkin Stick Twin Pk, WG IW	1 pkg	300	48	X	X	X	X					
Flatbread WG New	1 ea	180	28	X		X	X					X
French Toast Mini, Asstd Flavors WG	1 pkg	215	36	X	X	X	X					
French Toast Sticks WG	3 ea	170	25		X	X	X					X
Frudel Asstd Flavors WG	1 ea	205	38	X		X						
Granola, Asstd Flavors, WG, IW	1 pkg	120	21									
Grahams, IW												
Bug Bites Cinnamon	1 pkg	120	21			X	X					
Chats Vanilla	1 pkg	120	21			X	X					
Giant Goldfish Vanilla	1 pkg	120	19			X						
Scooby Doo Cinnamon	1 pkg	120	21			X	X					
Tiger Grahams, Chocolate	1 pkg	120	20			X	X					
Tiger Grahams, Original	1 pkg	120	21			X	X					
Grain Bars, IW												
Bar, Benefit WG IW Banana Choc. Chip	1 pkg	280	47	X	X	X	X					
Bar, Breakfast Rounds WG, IW Asstd	1 pkg	280	39	X	X	X	X					
Brownie, Chocolate WG IW	1 ea	160	31	X	X	X	X					
Cereal Bar Soft Filled Cinn. Tst Crunch IW	1 ea	260	41	X		X						
Cereal Bar WG IW Asstd	1 ea	160	30			X	X					
Nutrigrain Bar WG IW Asstd	1 ea	150	31	X		X	X					
Rice Krispies Treat, WG IW Asstd	1 ea	180	33	X			X					
Rice Krispies Treat, Mini WG IW	1 ea	50	9	X			X					
Hushpuppies												
Hushpuppies	3 ea	150	21	X	X	X	X					
Loaf, Banana WG IW												
Loaf, Banana WG IW	1 ea	280	51	X	X	X	X					
Loaf, Cinnamon Crumb WG IW												
Loaf, Cinnamon Crumb WG IW	1 ea	290	55	X	X	X	X					

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Muffins WG IW												
Muffin Apple Cinnamon 2oz RF WG IW	1 ea	180	31		X	X	X					
Muffin Banana 2oz RF WG IW	1 ea	190	30		X	X	X					
Muffin Blueberry 2oz RF WG IW	1 ea	190	30		X	X	X					
Muffin Chocolate Chip 2oz RF WG IW	1 ea	200	32	X	X	X	X					
Muffin Choc Choc Chip 2oz RF WG IW	1 ea	190	33	X	X	X	X					
Muffin Apple Cinnamon 4oz RF WG IW	1 ea	380	60		X	X	X					
Muffin Banana 4oz RF WG IW	1 ea	380	61		X	X	X					
Muffin Blueberry 4oz RF WG IW	1 ea	380	62		X	X	X					
Muffin Choc Choc Chip 4oz RF WG IW	1 ea	390	63	X	X	X	X					
Pancakes, WG, (Bulk) 1.14oz/ea												
Pancakes Mini, WG Asstd, IW	1 pkg	200	37	X	X	X	X					
Pop Tarts, WG Asstd Flavors	1 pkg	170	36			X	X					
Preztl Hartzels	1pkg	80	16			X						
Rice, Mexican, WG	1/2 cup	141	30									
Rice, Seasoned, WG	1/2 cup	134	25	X			X					
Roll, WG, 1.25oz (EL)	1 ea	90	16	X	X	X	X					
Roll, WG, 2.25oz (JH/HS)	1 ea	170	29	X	X	X	X					
Roll, Garlic Knot WG	1 ea	170	27	X	X	X	X					
Toast Buttered WG	1 ea	97	15	X		X	X					
Toast Cinnamon WG	1 ea	102	16	X		X	X					
Waffles w/ Strawberries & Cream, WG												
● Waffles Round, WG	2 ea	160	24	X	X	X	X					
OR												
● Waffles Eggoj, WG	2 ea	170	28	X	X	X	X					
● Strawberries, frozen, sweetened	1/4 cup	67	18									
● Whip Topping	1 tsp	4	1	X								
Waffle Round Bulk, WG	1 ea	80	12	X	X	X	X					
Waffle Dutch 5", WG	1 ea	330	38	X	X	X	X					
Waffle Eggoji WG	2 ea	170	28	X	X	X	X					
Waffle Envy WG IW - Maple or Vanilla	1 pkg	240	33	X	X	X						
Waffle Froot Loops WG New	1 ea	180	32	X	X	X	X					
Waffle Minis - WG IW Asstd	1 pkg	190	34	X	X	X	X					

* Contains Pork
WG - Whole Grain
GF - Gluten Free
IW - Individually Wrapped

**HEB Child Nutrition
2024-2025
Carbohydrate Allergen List**

FRT/VEG ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Canned/Frozen Fruits & Veggies												
Applesauce Cup, Unsweetened,	1/2 cup	60	16									
Beans, Baked, Vegetarian	1/2 cup	140	30									
Beans, Ranch	1/2 cup	150	23				X					
Beans, Refried	1/2 cup	200	28									
Bahama Vegetables	1/2 cup	27	5									
Broccoli, Steamed	1/2 cup	26	5									
California Blend Vegetables	1/2 cup	25	5									
Carrots, Steamed	1/2 cup	31	7									
Corn, Whole Kernel, Frozen	1/2 cup	67	16									
Corn on the Cob, petite	1 ea	80	20									
Craisins, Asstd Flavors	1 pkg	110	27									
Green Beans, Frozen	1/2 cup	23	5									
Fruit Cup, Mixed Fruit IW	1/2 cup	50	13									
Fruit Cup, Peaches IW	1/2 cup	50	12									
Fruit Cup, Pears IW	1/2 cup	50	12									
Juice, Apple												
• 4 oz	1 ctn	60	14									
• 6 oz	1 ctn	90	21									
Juice, Fruit Punch												
• 4 oz	1 ctn	60	14									
• 6 oz	1 ctn	90	22									
Juice Fruit 4oz - Grape	1 ctn	90	21									
Juice, Orange												
• 4 oz	1 ctn	60	14									
• 6 oz	1 ctn	90	20									
Juice Fruit 4 oz - Orange Pineapple	1 ctn	60	14									
Juice, Cool Tropics Asstd (frozen)	1 ea	60	15									
Juice, Box- Shelf Stable (4.23oz)												
• Asstd Flavors	1 ctn	65	17									
Juice Capri Sun, Asstd Flavors	1 ea/6oz	87	19									
Mandarin Oranges	1/2 cup	84	20									
Onion Rings	5 ea	200	30	X	X	X	X					
Peas, Green and Carrots	1/2 cup	60	11									
Pineapple Tidbits w/Cherry Halves	1/2 cup	75	17									
Potato, French Fries	~8 pc	103	15									
Potato, Mashed GF	1/2 cup	80	17	X								
Potato, Sidewinder, Fries	~5 ea	114	18									
Potato, Smiles	5 ea	169	26									
Potato Rounds/Tots	8 pc	90	14									
Raisels, Asstd Flavors	1 pkg	160	37									
Raisins, IW	1 pkg	135	33									
Salad, Cucumber Chili Lime	1/2 cup	15	4									
Salad, Tossed	1 cup	22	5									
Strawberry Fruit Cup, frozen	1/2 cup	120	33									

**HEB Child Nutrition
2024-2025
Carbohydrate Allergen List**

FRT/VEG ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Fresh Fruits/Veggies												
Apples, Sliced, (IW)	1 pkg	30	7									
Apples, Whole - Variety	1 ea	75	20									
Bananas, regular	1 ea	90	23									
Beet Sticks	1/2 cup	40	9									
Broccoli (fresh)	1/2 cup	11	2									
Broccoli & Cauliflower (fresh)	1/4 cup	6	1									
Cabbage, Shredded	1/4 cup	4	1									
Cantaloupe	1/2 cup	46	11									
Cantaloupe/Honeydew	1/2 cup	57	14									
Carrots, baby, 2.6oz (IW)	1 pkg	27	7									
Carrots, shredded	1/8 cup	12	3									
Cauliflower, (fresh)	1/4 cup	6	1.2									
Celery Sticks	3 oz	10	2									
Cucumbers, sliced	1/4 cup	5	1.1									
Grapes, Seedless	1/2 cup	57	15									
Honeydew	1/2 cup	72	15									
Jicama, sticks	1/2 cup	29	7									
Lettuce, Iceberg	1/2 cup	6	1.3									
Lettuce, Romaine	1/2 cup	5	1									
Lettuce, Romaine & Spinach	1/2 cup	6	1.1									
Onion, Red	1/8 cup	6	1.5									
Oranges	1 ea	60	15									
Pear, Fresh	1 ea	84	21									
Pepper, Bell (Green/Red) sliced	1/4 cup	6	1.5									
Salad, Burger	1/2 cup	20	4.7									
Salad, Mexican	1/2 cup	18	3.8									
Salad, Pico De Gallo	1/2 cup	12	3.1									
Spinach, (fresh)	1/2 cup	8	1.3									
Squash, Yellow, Slices	1/4 cup	6	1									
Squash, Zucchini, Slices	1/4 cup	6	1									
Sugar Snap Peas, fresh	1/4 cup	20	3.6									
Strawberries, fresh	1/2 cup	37	9									
Sweet Potato, Sticks, Raw	1/4 cup	43	10									
Tomato, Cherry	1/4 cup	7.5	1.5									
Tomato, (sliced - 1/8" thick)	1/8 cup	8	2									
Watermelon	1/2 cup	45	11.4									

**HEB Child Nutrition
2024-2025
Carbohydrate Allergen List**

CONDIMENTS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Barbecue Sauce, PC	1 oz	40	10									
Boom Boom Sauce PC	1 oz	150	2		X							
Dressing, Caesar	1 oz	90	3	X	X					X		
Dressing, Italian, PC	1 oz	10	2				X					
Dressing, Ranch, Light, PC	1 oz	60	7	X	X		X					
Gravy, Cream	2 oz	45	8	X	X							
Honey Mustard, PC	1 oz	52	5		X							
Jelly, Asstd, PC	1 ea	35	9									
Ketchup, PC	1 ea	10	2									
Marinara Sauce Cup, PC (2.5oz)	2.5 oz	40	7									
Marinara Sauce Cup, PC (1oz)	1 ea	15	3									
Mayonnaise, FF, PC	1 ea	10	3	X	X		X					
Mustard, PC	1 ea	0	0									
Peppers, Jalapeno sliced	1 oz	5	1									
Pickle, Dill Slices	4 slices	1.2	0									
Pickle Relish, PC	1 ea	10	3									
Sauce, Picante, PC	1 ea	5	1									
Sauce, Picante (Pace)	2 Tbsp	9	3									
Sauce, Marinara	2 oz	46	7									
Syrup, PC	1 oz	80	20									
Tartar Sauce, PC	12 gm	45	1		X							
DAIRY PRODUCTS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Milk, Low Fat (1%), Unflavored	1/2 pt	110	13	X								
Milk, Fat Free, Chocolate	1/2 pt	110	19	X								
Milk, Fat Free, Strawberry, as available	1/2 pt	110	19	X								