

**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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Fruit & Cheese Plate (Strawberries & Grapes)												
• Strawberries	1/4 cup	25	6									
• Grapes	1/4 cup	15	4									
• Yogurt Dip	1/2 cup	88	16	X								
• String Cheese	1 ea	60	1	X								
• Bulk Granola, WG	1 oz	123	21									
• Muffin 2oz, WG, IW, Variety	1 ea	188	32	X	X	X	X					
Fruit & Cheese Plate (Apple Slices & Strawberries)												
• Apples, Sliced	1/2 cup	30	7									
• Strawberries	1/4 cup	15	4									
• Yogurt Dip	1/2 cup	88	16	X								
• String Cheese	1 ea	60	1	X								
• Bulk Granola, WG	1 oz	123	21									
• Muffin 2oz, WG, IW, Variety	1 ea	188	32	X	X	X	X					
Fruit & Cheese Plate (Apple Slices & Grapes)												
• Grapes	1/4 cup	15	4									
• Apples, Sliced	1/4 cup	30	7									
• Yogurt Dip	1/2 cup	88	16	X								
• String Cheese	1 ea	60	1	X								
• Muffin 4oz, WG, IW, Variety	4 oz	380	62	X	X	X	X					
Grilled Cheese Sandwich (Lunch)	1 ea	337	36	X		X	X					
Grilled Cheese Sandwich (Breakfast)	1 ea	238	26	X		X	X					
Hamburger (Elementary)												
• Beef Hamburger Patty	1ea	180	0									
• Bun, Hamburger, WG	1 bun	150	30			X	X					X
Hamburger w/ Cheese (Elementary)												
• Beef Hamburger Patty	1 ea	180	0									
• Cheese, American Sliced	1 sl	35	1	X			X					
• Bun, Hamburger, WG	1 bun	150	30			X	X					X
Hamburger (JH/HS)												
• Beef Hamburger Patty	1ea	230	0									
• Bun, Hamburger, WG	1 bun	150	30			X	X					X
Hamburger w/ Cheese (JH/HS)												
• Beef Hamburger Patty	1 ea	230	0									
• Cheese, American Sliced	1 sl	35	1	X			X					
• Bun, Hamburger, WG	1 bun	150	30			X	X					X
Hot Dog w/Chili & Cheese												
• Hot Dog, Beef	1 ea	180	2									
• Bun, Hot Dog, WG	1 bun	150	30			X	X					X
• Chili	2 oz	50	8			X						
• Shredded Cheese	1/2 oz	35	1	X								
Lasagna	1 svg	398	40	X	X	X	X					
Lunchpak, Turkey/Cheese/Crackers												
• Turkey Coins	5 ea	52	0									
• Cheese Cubes, IW	1 pkg	90	0	X								
• Crackers, Wheat	1 pkg	190	30			X						
• Rice Krispies Treat	1 pkg	50	9	X		X						

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Macaroni/Cheese	2/3 cup	280	29	X	X	X						
Mozzarella Sticks Breaded	6 sticks	340	36	X		X						
Nachos, Beef & Cheese												
• Taco Meat	2 oz	90	3				X					
• Cheese, Sauce	3 oz	182	5	X								
• Tortilla Nacho Chips, WG GF	2 oz	280	40									
Pizza, Breakfast, Turkey Sausage, WG, Bulk	1 ea	200	26	X		X	X					
Pizza, Breakfast, Turkey Sausage, WG, IW	1 ea	230	31	X		X	X					
Pizza Crunchers WG	4 ea	420	26	X		X						
Pizza, Fiestada, WG	1 ea	360	43	X		X	X					
Pizza Galaxy Cheese	1 ea	280	26	X		X	X					
Pizza Galaxy Pepperoni WG	1 ea	290	28	X		X	X					
Pizza, 16", 4 Meat, WG -(JH/HS)	1 slice	370	36	X		X	X					
Pizza, 16", BBQ Chincken, WG -(JH/HS)	1 slice	390	42	X		X	X					
Pizza, 16", Buffalo Chjicken WG -(JH/HS)	1 slice	380	33	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					
Pizza Stuffed Fiestada	1 ea	320	31	X	X	X	X					
Pizza Stuffed Pepperoni	1 ea	300	31	X	X	X	X					
Salad, Buffalo Chicken	1 ea	317	21	X		X	X					
Salad, Chef w/ Turkey/Ham/Cheese	1 ea	183	10	X								
Salad, Crispy Chicken	1 ea	339	23	X		X						
Salad, Crispy Chicken Caesar	1 ea	425	35	X		X				X		
Sandwich, Breaded Chicken (EL)												
• Chicken, Patty, Breaded, WG	1 ea	240	16			X	X					
• Bun, Hamburger, WG	1 bun	150	30			X	X					X
Sandwich, Crispy Chicken (JH/HS)												
• Chicken, Breast Filet, WG	1 ea	200	9			X	X					
• Bun, Hamburger, WG	1 bun	150	30			X	X					X
Sandwich, Crispy Hot/Spicy Chicken (JH/HS)												
• Chicken Breast Filet, Hot/Spicy WG	1 ea	200	10			X	X					
• Bun, Hamburger, WG	1 bun	150	30			X	X					X
Sandwich Croissant, Turkey & Cheese												
• Turkey	4 slices	73	0									
• American Cheese	1 slice	35	2	X			X					
• Croissant, WG	1 ea	190	29	X	X	X	X					
Sandwich Croissant, Ham & Cheese (EL)												
• Turkey Ham	4slices	65	0									
• American Cheese	1 slice	35	2	X			X					
• Croissant, WG	1 ea	190	29	X	X	X	X					
Sandwich Croissant, Ham & Cheese (JH/HS)												
• Turkey Ham	5 slices	86	0									
• Swiss Cheese	1 slice	90	1	X								
• Croissant, WG	1 ea	190	29	X	X	X	X					
Sandwich, Philly Cheese (EL)	1 ea	348	37	X		X	X					X
Sandwich, Philly Cheese (JH/HS)	1 ea	368	37	X		X	X					X
Sandwich Sub Cold Cut												
• Turkey Cold Cut: Ham, Bologna, Salami	6 slices	134	2									
• American Cheese	1 slice	35	2	X			X					
• Sub Bun, WG	1 bun	140	27			X	X					X

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Sandwich Sub, Turkey & Turkey Ham & Cheese												
• Turkey	3 slices	37	0									
• Ham	3 slices	34	0									
• Bacon (Pork)	2 slice	180	0									
• American Cheese	1 slice	35	1	X			X					
• Sub Bun, WG	1 bun	140	27			X	X					X
Sandwich Sub, Ham & Cheese												
• Turkey Ham	5 slices	84	0									
• Swiss Cheese	1 slice	45	0.5	X								
• Sub Bun, WG	1 bun	140	27			X	X					X
Sandwich Sub, Italian												
• Italian Turkey Combo: Salami, Ham, Pepperoni	6 slices	127	2									
• American Cheese	1 slice	35	1	X			X					
• Sub Bun, WG	1 bun	140	27			X	X					X
Sandwich Sub, Turkey & Cheese												
• Turkey Breast Sliced	5 slices	55	0									
• American Cheese	1 slice	35	1	X			X					
• Sub Bun, WG	1 bun	140	27			X	X					X
Sandwich Sub, Turkey & Turkey Ham & Cheese												
• Turkey	3 slices	51	0									
• Ham	3 slices	56	0									
• Swiss Cheese	1 slice	45	0.5	X								
• Sub Bun, WG	1 bun	140	27			X	X					X
*Sandwich Sub, Turkey Club												
• Turkey Breast Sliced	2 slices	37	0									
• Turkey Ham Sliced	2 slices	34	0									
• American Cheese	1 slice	35	1	X			X					
• *Bacon (Pork)	2 slice	180	0									
• Sub Bun, WG	1 bun	140	27			X	X					X
Sandwich Sub, Turkey & Cheese												
• Turkey Breast Sliced	5 slices	92	0									
• American Cheese	1 slice	35	1	X			X					
• Sub Bun, WG	1 bun	140	27			X	X					X
Sandwich, Sausage on Pancake IW	1ea	140	16	X	X	X						
Sandwich, Sausage & Cheese on Pancake IW	1ea	170	18	X	X	X	X					
Sausage, Chicken Patty	1 3ea	100	1									
Sausage, Turkey Link	1 ea	60	0									
Sausage, Turkey Patty	1 ea	60	0									
*Sausage Roll, WG, IW	1 ea	190	18	X	X	X	X					
Spaghetti w/ Beef Meatballs												
• Spaghetti Noodles	1/2 cup	101	21		X	X						
• Marinara Sauce w/ Meatballs	5ea + Sauce	140	12	X		X	X					
Spaghetti w/ Beef Meatsauce												
• Spaghetti Noodles	1/2 cup	101	21		X	X						
• Beef Meatsauce	2 ea	192	11				X					
Taco Beef, Soft Shell												
• Beef Taco Meat	4 oz	140	3				X					
• Shredded Cheese	1oz	70	2	X								
• Flour Tortilla	2 ea	180	32			X						

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Taco Chicken, Soft Shell												
• Shredded Chicken Tinga	4 oz	190	6									
• Shredded Cheese	1 oz	70	2	X								
• Flour Tortilla	2 ea	180	32			X						
Tamales, Chicken	2 ea	446	44				X					
Wrap, Buffalo Chicken	1 ea	468	42	X	X	X	X					
Wrap, Crispy Chicken Caesar	1 ea	485	42	X	X	X	X			X		
Wrap, Crispy Chicken	1 ea	471	49	X		X	X					
*Wrap, Turkey Club (contains Pork)	1 ea	483	31	X		X	X					
Wrap, Turkey/Cheese	1 oz	341	34	X		X	X					
Yogurt Meal w/ Grahams												
• Yogurt Cup, 4oz	1 ea	80	15	X								
• String Cheese	1 ea	60	1	X								
• Granola, IW	1 pkg	128	21									
• Grahams WG Asstd	1 pkg	120	15			X	X					
Yogurt Meal w/ Muffin (Elementary)												
• Yogurt Cup, 4oz	1 ea	80	15	X								
• String Cheese	1 ea	60	1	X								
• Granola, IW	1 pkg	123	21									
• Muffin 2oz, WG, IW, Asstd	1 ea	188	32	X	X	X	X					
Yogurt Parfait, Blueberry w/ Granola & Muffin												
• Yogurt, Vanilla	1 cup	160	30	X								
• Blueberries	1/4 cup	20	5									
• Bulk Granola, WG	1 oz	123	21									
• Muffin 2oz WG IW Asstd	1 ea	188	32	X	X	X	X					
Yogurt Parfait, Mand. Orange w/Granola & Muffin												
• Yogurt, Vanilla	1 cup	160	30	X								
• Mandarin Oranges	1/4 cup	46	12									
• Bulk Granola, WG	1 oz	123	21									
• Muffin 2oz WG IW Asstd	1 ea	188	32	X	X	X	X					
Yogurt Parfait, Mango w/Granola & Muffin												
• Yogurt, Vanilla	1 cup	160	30	X								
• Mango, Diced	1/4 cup	25	6									
• Bulk Granola, WG	1 oz	123	21									
• Muffin 2oz WG IW Asstd	1 ea	188	32	X	X	X	X					
Yogurt Parfait, Strawberry w/ Granola & Muffin												
• Yogurt, Vanilla	1 cup	160	30	X								
• Strawberries, Sliced	1/4 cup	18	5									
• Bulk Granola, WG	1 oz	123	21									
• Muffin 2oz WG IW Asstd	1 ea	188	32	X	X	X	X					
Yogurt Cup, 4oz, Variety	1 ea	80	15	X								
Ziti Baked	6 oz	270	32	X	X	X	X					

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