

**HEB Child Nutrition
2025-2026
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	220	13	X		X	X					
• Bun, Hamburger, WG	1 bun	150	30			X	X					X
BBQ Beef Sandwich												
• Beef Shredded w/BBQ	1 ea	124	8									
• Bun, Hamburger, WG	1 ea	150	30			X	X					X
BBQ Chicken Drumstick (roasted)	1 ea	169	6									
Beef Chicken Fried Steak	1 ea	220	14			X						
Beef Steak Fingers	4 ea	220	15			X						
Beef Teriyaki	3/4 cup	201	24		X	X	X					X
Breakfast Stuffed Sandwich	1 ea	190	18		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	18	0									
• Flour Tortilla	1 ea	90	15			X						
Burrito, Bean & Cheese	1 ea	327	44	X		X	X					
Burrito, Breakfast - Egg/Turkey Sausage IW	1 ea	172	18	X	X	X	X					
Burrito Bites	4 ea	360		X		X						
Calzone, Cheese, WG (Elem)	1 ea	270	31	X		X	X					
Calzone, Pepperoni, WG (Elem)	1 ea	300	31	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, IW	1 pkg	90	0	X								
Cheese Dip Cup	1 ea	180	13	X								
Cheese String, Mozzarella, IW	1 ea	80	2	X								
Chicken Afredo	1 cup	328	32	X	X	X						
Chicken & Biscuit (Breakfast)												
• Chicken Brkfst Patty WG	1 ea	95	6			X	X					
• Biscuit Easy Split	1 ea	220	29	X		X						
Chicken & Waffle (Breakfast)												
• Chicken Brkfst Patty WG	1 ea	90	3			X	X					
• Waffles	2 ea	160	24	X	X	X	X					
Chicken Breast Grilled	1 ea	120	1									
Chicken Breast Bites/Nuggets WG	5 ea	270	23	X		X						
Chicken Dumpling	3 ea	120	15			X	X					X
Chicken Drumstick, Breaded WG	1 ea	210	10			X						
Chicken Drumstick, Roasted	1 ea	150	2									
Chicken Nuggets, Mega Minis, WG	10 ea	266	15			X						
Chicken Popcorn, WG	12 ea	250	16			X	X					
Chicken Smackers WG	10 ea	270	19	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	322	31	X		X	X					
Chicken w/Sweet & Sour Sauce, Breaded, WG	1/2 cup	278	38		X	X						
Chicken w/Sweet Red Chili Sauce WG	1 cup	322	31	X		X	X					
Chicken w/Tangerine Sauce, Breaded WG	1/2 cup	210	26		X	X	X					
Chicken Tenders WG (EL)	2 ea	220	12			X	X					
Chicken Tenders, WG (JH/HS)	3 ea	285	16.5			X	X					

* Contains Pork
WG is Whole Grain
IW is Individually Wrapped

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ENTRÉE MENU ITEM	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea- nuts	Tree Nuts	Fish	Shell- fish	Sesame
Corn Dog, Chicken WG	1 ea	240	30	X	X	X	X					
Eggs, Scrambled, w/ Cheese	2 oz	118	3	X	X							
Egg Roll, Chicken	1 ea	150	20			X	X					

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Enchilada, Cheese w/ Enchilada Sauce	2 ea	352	21	X								
Fish Nuggets, WG	4 ea	230	20			X				X		
Frito Pie												
• Chili w/ No Beans	1/2 cup	153	10				X					
• Corn Chips, RF (Fritos)	1.5oz	244	25									
• Cheese, Shredded	0.5 oz	35	1	X								
Fruit & Cheese Plate (Strawberries & Grapes)												
• Strawberries	1/4 cup	25	6									
• Grapes	1/4 cup	15	4									
• Yogurt Dip	1/2 cup	82	15	X								
• String Cheese	1 ea	60	1	X								
• Bulk Granola, WG	1 oz	121	21									
• Muffin 2oz, WG, IW, Variety	1 ea	190	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	82	15	X								
• String Cheese	1 ea	60	1	X								
• Bulk Granola, WG	1 oz	121	21									
• Muffin 2oz, WG, IW, Variety	1 ea	190	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					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	2	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	2	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	160	31			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					

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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						
Macaroni/Cheese	2/3 cup	280	29	X	X	X						
Mozzarella Sticks Breaded	6 sticks	310	32	X		X						
Nachos, Beef & Cheese												
• Taco Meat	2 oz	91	3			X	X					
• Cheese, Sauce	3 oz	136	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	220	31	X		X	X					
Pizza Crunchers WG	4 ea	430	42	X		X						
Pizza, Fiestada, WG	1 ea	360	38	X		X	X					
Pizza Galaxy Cheese	1 ea	280	28	X		X	X					
Pizza Galaxy Pepperoni WG	1 ea	300	28	X		X	X					
Pizza, 16", 4 Meat, WG -(JH/HS)	1 slice	370	36	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 (sandwich)	1 ea	320	31	X	X	X	X					
Pizza Stuffed Pepperoni (sandwich)	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	341	30	X		X						
• Caesar Dressing	1.5oz	126	4	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

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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
*Sandwich Sub, Turkey Club												
• Turkey Breast Sliced	3 slices	37	0									
• Turkey Ham	3 slices	34	0									
• Bacon (Pork)	2 slice	35	0									
• American Cheese	1 slice	35	2	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	29			X	X					X
Sandwich Sub, Italian												
• Italian Turkey Combo: Salami, Ham, Pepperoni	6 slices	123	2									
• American Cheese	1 slice	35	2	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/Ham/Cheese												
• Turkey Breast Sliced	3 slices	51	0									
• Turkey 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 & 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 Waffle IW	1ea	170	15	X	X	X	X					
Sausage, Chicken Patty	1 ea	100	1									
Sausage, Turkey Link	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	171	9	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	X					
• Shredded Cheese	1oz	70	2	X								
• Flour Tortilla	2 ea	180	32			X						
Taco Chicken Shredded, Soft Shell												
• Shredded Chicken	4 oz	190	6									
• Shredded Cheese	1 oz	70	2	X								
• Flour Tortilla	2 ea	180	30			X						

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Taco Chicken Tinga, 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					
Wrap, Crispy Chicken Caesar	1 ea	442	44	X	X	X	X			X		
Wrap, Crispy Chicken	1 ea	420	44	X		X	X					
*Wrap, Turkey Club (contains Pork)	1 ea	338	32.5	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	1oz	121	21									
• Grahams WG Asstd	1 pkg	120	21			X	X					
Yogurt Meal w/ Muffin (Elementary)												
• Yogurt Cup, 4oz	1 ea	80	15	X								
• String Cheese	1 ea	60	1	X								
• Granola	1oz	151	21									
• Muffin 2oz, WG, IW, Asstd	1 ea	190	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	121	21									
• Muffin 2oz WG IW Asstd	1 ea	190	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	14									
• Bulk Granola, WG	1 oz	121	21									
• Muffin 2oz WG IW Asstd	1 ea	190	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	121	21									
• Muffin 2oz WG IW Asstd	1 ea	190	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	121	21									
• Muffin 2oz WG IW Asstd	1 ea	190	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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Bagel Filled Cream Cheese WG, Asstd	1 pkg	240	42	X		X						
Biscuits Easy Split	1 ea	220	29	X		X						
Bread Lemon RS WG New	1 ea	230	44	X	X	X	X					
Bread Pumpkin WG New	1 ea	260	43	X	X	X	X					
Bread Stick Garlic WG	1 ea	160	25	X		X						
Bread Texas Toast Garlic	1 ea	120	15	X		X	X					
Cereal, 1oz Bowlpak:												
Apple Jacks WG	1 ea	90	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									
Chex Rice GF WG	1 ea	110	24									
Cinnamon Toast Crunch WG	1 ea	110	22			X	X					
Cocoa Puffs WG	1 ea	120	25			X						
Froot Loops WG	1 ea	100	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						
Lucky Charms GF WG	1 ea	210	47									
Trix WG	1 ea	220	47									
Chips, IW												
Cheetos Baked Crunchy GF WG	1 pkg	120	16	X								
Cheetos Baked Flamin Hot GF WG	1 pkg	120	16	X								
Cheetos Bkd Flamin Hot Limon GF WG	1 pkg	110	18	X								
Cheetos Baked Puffs GF WG	1 pkg	90	13	X								
Doritos RF Cool Ranch WG	1 pkg	130	20	X								
Doritos RF Flamas WG	1 pkg	130	20	X								
Doritos RF Nacho Cheese WG	1 pkg	130	19	X								
Doritos RF Sweet/Spicy WG	1 pkg	130	20									
Doritos RF Wild Nacho Cheese WG	1 pkg	140	20	X								
Fantastix Chili Cheese GF WG	1 pkg	140	20	X								
Fantastix Flamin Hot GF WG	1 pkg	130	20	X								
Fantastix Ranch WG	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	1 ea	210	35	X		X						
Cinnis Mini Cinnamon WG IW	1 ea	230	41	X		X						
Cookie Brookie WG IW New	1 pkg	150	23	X	X	X	X					
Cookie Chocolate Candy WG IW New	1 pkg	160	27	X	X	X	X					
Cookie Chocolate Chip WG IW	1 pkg	160	27	X	X	X	X					
Cookie Hershey's Chocolate Chip WG IW	1 pkg	200	30	X	X	X	X					
Corn Chips, Fritos GF	1 oz	160	16									
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						

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Crescent Chocolate Filled WG	1 ea	240	38	X		X						
Donut Glazed Chocolate, WG IW	1 ea	330	41	X	X	X	X					
Donut Cake Glazed, WG IW	1 ea	310	47	X		X	X					
Donut Holes Glazed Blueberry WG	1 pkg	260	39	X	X	X	X					
Donut Holes Powdered WG	1 pkg	280	42	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	250	31	X	X	X	X					
Donut Ring Glazed Yeast WG	1 ea	264	40	X	X	X	X					
Flatbread WG	1 ea	160	27	X		X	X					
French Toast Mini, Asstd Flavors WG	1 pkg	200	37	X	X	X	X					
French Toast Sticks WG	3 ea	170	25		X	X	X					X
Fruddel Apple	1 ea	180	34	X		X						
Frudel Cherry	1 ea	200	38	X		X						
Mini Cinnis Caramel	1 ea	200	36	X		X						
Mini Cinnis Cinnamon	1 ea	210	37	X		X						
Grahams, IW												
Bug Bites Cinnamon WG	1 pkg	120	21			X	X					
ChatsSnax Vanilla	1 pkg	120	21			X	X					
Grahams Cinnamon (Eggo) FrenchToast Crunch WG IW	1 pkg	210	38			X	X					
Scooby Doo Chocolate	1 pkg	120	19			X	X					
Scooby Doo Cinnamon	1 pkg	120	21			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	270	38	X	X	X	X					
Brownie WG IW	1 ea	160	31	X	X	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					
Soft Filled Bar Cinn. Tst Crunch IW	1 ea	230	42	X		X						
Hushpuppies	3 ea	150	22	X	X	X	X					
Loaf Banana Bread WG IW	1 ea	290	53	X	X	X	X					
Loaf Cinnamon Crumb Bread WG IW	1 ea	310	56	X	X	X	X					
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	61		X	X	X					
Muffin Banana 4oz RF WG IW	1 ea	380	61		X	X	X					
Muffin Blueberry 4oz RF WG IW	1 ea	380	61		X	X	X					
Muffin Choc Choc Chip 4oz RF WG IW	1 ea	390	63	X	X	X	X					
Muffin Trix 3.1oz WG IW	1 ea	290	50	X	X	X	X					
Pancakes, WG, (Bulk) 1.14oz/ea	2 ea	160	31	X	X	X	X					
Pancakes Mini, WG Asstd, IW	1 pkg	200	37	X	X	X	X					
Pop Tarts, WG Asstd Flavors	1 pkg	170	36			X	X					
Pretzel Heartzels	1pkg	80	16			X						
Rice, Mexican, WG	1/2 cup	126	28									
Rice, Seasoned, WG	1/2 cup	120	23	X			X					

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

**HEB Child Nutrition
2026-2027
Carbohydrate Allergen List**

GRAIN MENU ITEMS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
Roll Cinnamon WG	1 ea	240	40	X	X	X	X					
Roll Swirl Breakfast Asstd WG	1 ea	260	37	X	X	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					
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	160	28	X	X	X	X					
Waffle Envy Maple WG IW	1 pkg	240	38	X	X	X						
Waffle Envy WG IW Vanilla	1 pkg	200	38	X	X	X						
Waffle Froot Loops WG	1 ea	180	32	X	X	X	X					
Waffle Minis - WG IW Asstd	1 pkg	190	34	X	X	X	X					

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HEB Child Nutrition
2025-2026
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	55	15									
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	31	5									
Carrots, Steamed	1/2 cup	31	7									
Corn, Whole Kernel, Frozen	1/2 cup	70	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									
Froot Jooce Cherryemoji (Frozen)	1/2 cup	90	22									
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	13									
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	21									
Juice Fruit 4oz - Grape	1 ctn	80	19									
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.oz)												
• 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	4 ea	180	26	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
2025-2026
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									
Buffalo Ranch, PC	1 oz	60	6	X	X							
Chick'n Dippin, PC	1 oz	130	6		X							
Dressing, Caesar	1 oz	90	3	X	X					X		
Dressing, French, pouch	1.5 oz	110	11									
Dressing, Italian, PC	1 oz	10	2				X					
Dressing, Italian, pouch	1.5 oz	80	3				X					
Dressing, Ranch Cup/1.5oz	1.5 oz	190	2	X	X							
Dressing, Ranch, Light, PC	1 oz	60	7	X	X		X					
Dynamite Sauce, PC	1 oz	140	3		X							
Gravy, Cream	2 oz	45	8	X	X							
Honey PC	1 ea	25	7									
Honey Mustard, PC	1 oz	80	7		X							
Jalapeno Ranch, PC	1 oz	90	5	X	X							
Jelly, Asstd, PC	1 ea	35	9									
Ketchup, PC	1 ea	10	2									
Mayonnaise, Light, PC	1 ea	50	2		X							
Mustard, PC	1 ea	5	0									
Peppers, Jalapeno sliced	1 oz	5	1									
Picante Sauce, PC	1 ea	4	1									
Pickle, Dill Slices	4 slices	1.2	0									
Pickle Relish, PC	1 ea	10	3									
Sauce, Picante, PC	1 ea	5	1									
Sauce, Salsa (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								

**HEB Child Nutrition
2025-2026
Carbohydrate Allergen List**

SNACK/BEVERAGE ITEMS	Serving Size	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish	Sesame
BEVERAGES FOR ALL												
Envy Sparkling Juice Asstd Flavors	8oz	110	29									
Switch Sparkling Juice Asstd Flavors	8oz	120	30									
Junior and High School only												
IZZE, Sparking Juice Asstd Flavors	8.4 oz	70	16									
High School only												
Gatorade ZERO (12oz) Asstd Flavors	12 oz	0	1									
Gatorade ZERO (20oz) Asstd Flavors	20oz	10	2									
Propel, Asstd Flavors	16.9oz	0	0									
ICE Sparkling Water, Asstd Flavors	17 oz	5	0						X			
SNACKS FOR ALL												
Chips, IW												
Potato, Bkd, Original GF	1 pkg	110	18				X					
Potato, Bkd, BBQ GF	1 pkg	110	19	X			X					
Potato, Bkd, Cheddar Sour Cream GF	1 pkg	100	17	X			X					
Potato, Bkd, Salt & Vinegar GF	1 pkg	110	18				X					
Cookies												
Cookie, Berries/Cream Filled WG, IW	1 pkg	200	30	X	X	X	X	X	X			
Cookie, Brookie (Cookie + Brownie) IW	1 pkg	150	23	X	X	X	X					
Cookie, Carnival WG (1oz)	1 ea	110	18	X	X	X	X					
Cookie, Chocolate Chip WG (1oz)	1 ea	110	18	X	X	X	X					
Cookie, Chocolate Candy Cookie IW	1 pkg	160	27	X	X	X	X					
Cookie, Chocolate Chip WG, IW	1 ea	110	18	X	X	X	X					
Cookie, Chocolate Chip - Grandma's, IW	1 pkg	130	20	X		X	X	X	X			
Cookie, Chocolate Chip Hershey's, IW	1 pkg	200	30	X	X	X	X	X	X			
Cookie, Chocolate Filled WG, IW	1 pkg	200	31	X	X	X	X	X	X			
Cookie, Confetti Cake Filled WG, IW	1 pkg	190	29	X	X	X	X	X	X			
Ice Cream, IW												
Bar Fudge-O, GF	1 ea	90	20	X								
Bar Polar Blast Fruit Punch, GF	1 ea	80	21									
Bar Scooter Chocolate	1 ea	170	26	X		X	X					
Bar Scooter Strawberry	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					
Cup Chocolate Sundae, GF	1 ea	100	18	X								
Cup Strawberry Sundae, GF	1 ea	100	18	X								
Cup Vanilla, GF	1 ea	100	16	X								
Sandwich Mighty Mini Vanilla	1 ea	100	19	X		X	X					
Sandwich Cookie/Cream	1 ea	140	27	X		X	X					
Sandwich Vanilla	1 ea	140	27	X		X	X					
SillyTubes Push-Up Pop	1 ea	60	16									
Yogurt Twister Cup, Cotton Candy, GF	1 ea	90	19	X								
Other Snacks, IW												
Beef Jerky, Original	1 pkg	70	5									
Beef Jerky, Teriyaki	1 pkg	70	5			X	X					
Fruit Rollup, Asstd Flavors GF	1 pkg	50	11									
Fruit Snack, Scooby Doo GF	1 pkg	70	21									
Fruit Snack Mott's Medley GF	1 pkg	130	38									
Pirate's Booty Puffed White Cheddar GF	1 pkg	100	15	X								
Popcorn RF White Cheddar	1 pkg	70	9	X								