

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

GRAIN MENU ITEMS	SVG SIZE	Calories	CHO	Milk	Egg	Wheat	Soy	Pea-nuts	Tree Nuts	Fish	Shell-fish
Bagel, Strawberry/Cream Cheese, WG, IW	1 pkg	240	41	X		X					
Biscuits, WG	1 ea	210	27	X		X	X				
Cereal, bowlpak:											
Cheerios, WG	1 ea	100	20								
Cinnamon Toast Crunch, WG	1 ea	110	22			X	X				
Cocoa Puffs, WG	1 ea	110	25								
Froot Loops, WG	1 ea	110	24			X	X				
Frosted Flakes, WG	1 ea	100	24			X	X				
HoneyNut Cheerios, WG	1 ea	110	22						Almond		
Lucky Charms, WG	1 ea	110	23								
Trix, WG	1 ea	110	24								
Cereal, Pouch/On-the-Go											
Apple Jacks, WG	1 pkg	110	24			X	X				
Cinnamon Toast Crunch, WG	1 pkg	110	22			X	X				
Froot Loops, WG	1 pkg	110	24			X	X				
Frosted Flakes, WG	1 pkg	110	22			X	X				
Golden Grahams, WG	1 pkg	110	24			X					
Cinnamon Roll, WG	1 ea	260	37	X	X	X	X		Pecans		
Cinnamon Roll, (Small), WG, IW	1 pkg	130	22	X		X	X				
Cinnis, Mini, WG, IW	1 pkg	240	39	X		X					
Coffee Cake, Cinnamon, WG, IW	1 ea	340	53	X	X	X	X				
Cookie, Carnival, WG	1 ea	115	18	X	X	X	X	X	X		
Cookie, Chocolate Chip, WG	1 ea	110	18	X	X	X	X	X	X		
Cookie, Double Chocolate, WG	1 ea	110	18	X	X	X	X	X	X		
Corn Chips, Reduced Fat, WG	1 oz	140	20								
Crescent, Chocolate Filled, WG, IW	1 pkg	230	37	X		X					
Donut w/Glaze	1 ea	311	38	X	X	X	X				
Donut, Minis - Chocolate, IW (JH/HS)	1 pkg	347	45	X	X	X	X				
Donut, Minis - Powdered, IW (JH/HS)	1 pkg	270	41	X	X	X	X				
French Toast Sticks, WG	2 ea	184	30	X	X	X	X				
French Toast Bites	4 ea	260	26	X	X	X	X				
French Toast Bites, Cinnamon	4 ea	283	32	X	X	X	X				
Garlic Knot Roll	1 ea	170	23	X		X	X				
Hushpuppies	3 ea	162	22	X	X	X	X				
Muffins, Banana, 2oz, RF, WG IW	1 ea	170	29		X	X	X				
Muffins, Blueberry, 2oz, RF, WG IW	1 ea	190	30		X	X	X				
Muffins, Chocolate Chip, 2oz, RF, WG, IW	1 ea	190	32	X	X	X	X				
Muffins, Blueberry, 4oz, RF, WG, IW	1 ea	380	61		X	X	X				
Muffins, Choc Choc Chip, 4oz, RF, WG, IW	1 ea	390	63	X	X	X	X				
Pancakes, WG, 1.14oz/ea	2 ea	210	35	X	X	X	X				
Pancakes, Confetti, WG, IW	1 pkg	220	36	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, Fudge, WG	1 ea	180	37			X	X				

WG is Whole Grain
IW is Individually Wrapped

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PopTart, Strawberry, WG	1 ea	180	38			X	X				
Rice, Mexican, WG	1/2 cup	143	29								
Rice, Brown, Steamed	1/2 cup	111	20								
Rice, Vegetable Fried	1/2 cup	210	33			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, WG, 1.25oz (Elem)	1 ea	103	15	X	X	X	X				
Roll, Garlic, WG, 2.25oz (JH/HS)	1 ea	173	27	X	X	X	X				
Stuffing, Cornbread	1/2 cup	120	25	X		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 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 Squares, WG	2 ea	200	33	X		X	X				
Waffle, Dutch 5", WG	1 ea	300	43	X	X	X	X				
Waffle, Mini Maple, WG, IW	1 pkg	200	35	X	X	X	X				