

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

<b>SNACK/BEVERAGE ITEMS</b>	<b>Serving 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>
<b>BEVERAGES FOR ALL</b>											
<b>Capri Sun:</b>											
Apple Splash	6 oz	80	20								
Berry Breeze	6 oz	90	21								
Fruit Dive	6 oz	80	21								
Grape Tide	6 oz	90	22								
<b>Switch:</b>											
Cherry	8 oz	120	30								
Fruit Punch	8 oz	120	30								
Strawberry/Watermelon	8 oz	120	29								
Tropical Pineapple	8 oz	120	30								
<b>Junior and High School only</b>											
<b>IZZE, Sparkling Juice:</b>											
Apple	8.4 oz	90	23								
Blackberry	8.4 oz	90	22								
Clementine	8.4 oz	90	21								
Peach	8.4 oz	90	22								
Pomegranate	8.4 oz	90	22								
<b>High School only</b>											
<b>Gatorade G2:</b>											
Fruit Punch	12 oz	30	7								
Glacier Freeze	12 oz	30	7								
Grape	12 oz	30	7								
Mixed Berry, Clear	12 oz	30	7								
Orange	12 oz	30	7								
Tropical Fruit	12 oz	30	7								
<b>Propel:</b>											
Berry	16.9 oz	0	0								
Grape	16.9 oz	0	0								
Lemon	16.9 oz	0	0								
Strawberry Kiwi	16.9 oz	0	0								
Watermelon	16.9 oz	0	0								
<b>ICE, Sparkling Water:</b>											
Black Raspberry	17 oz	0	0								
Cherry Lime	17 oz	0	0								
Coconut Pineapple	17 oz	0	0								
Kiwi Strawberry	17 oz	0	0								
Lemon Lime	17 oz	0	0								
Lemonade	17 oz	0	0								
Orange Mango	17 oz	0	0								
Strawberry Lemon	17 oz	0	0								
Strawberry Watermelon	17 oz	0	0								
<b>SNACKS FOR ALL</b>											
<b>Chips, IW</b>											
Cheetos, Baked, Crunchy	1 pkg	120	17	X							
Cheetos, Baked, Flamin Hot	1 pkg	120	17	X							
Cheetos, Mellow Puffs	1 pkg	90	14	X							
Cheetos, Flamin Hot Puffs	1 pkg	90	14	X							

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Doritos, RF Cooler Ranch	1 pkg	130	20	X							
Doritos, RF Flamas	1 pkg	140	20	X							
Doritos, RF Nacho Cheese	1 pkg	130	20	X							
Doritos, RF Spicy/ Sweet Chili	1 pkg	130	20			X	X				
Fantastix, Chili Cheese	1 pkg	130	19	X							
Fantastix, Flamin Hot	1 pkg	130	20	X							
Funyuns Onion Snack	1 pkg	100	14	X							
Potato, Bkd, Original	1 pkg	100	20				X				
Potato, Bkd, BBQ	1 pkg	110	19	X			X				
Potato, Bkd, Sour Cream/Onion	1 pkg	100	18	X			X				
Snack Mix, Kids Mix	1 pkg	110	17	X		X					
Snack Mix, Garden Salsa	1 pkg	140	18	X		X					
<b>Crackers, IW</b>											
Animal Crackers	1 pkg	130	21			X	X				
Bug Bites	1 pkg	120	21			X	X				
Cheez-It, Atomic	1 pkg	100	14	X		X	X				
Cheez-It, WG	1 pkg	100	14	X		X	X				
Elf Grahams, Chocolate	1 pkg	120	20			X	X				
Elf Grahams, Cinnamon	1 pkg	120	21			X	X				
Elf Grahams, Original	1 pkg	120	21			X	X				
Goldfish, Cheddar & Colored	1 pkg	100	14	X		X					
Graham Gripz, Chocolate Chip	1 pkg	120	20	X		X	X				
Jurassic Park, Grahams	1 pkg	130	21	X		X	X				
Scooby Doo Grahams	1 pkg	120	21			X	X				
<b>Grain Bars</b>											
Cereal, Cinnamon Toast Crunch	1 pkg	150	30			X	X				
Cereal, Cocoa Puffs	1 pkg	150	30			X	X				
Cereal, Golden Graham	1 pkg	150	30			X	X				
Cereal, Trix	1 pkg	150	30			X	X				
Granola, Chewy, Chocolate Chunk	1 pkg	90	19	X		X	X		X		
Granola, Chewy, Maple Brown Sugar	1 pkg	140	28	X		X	X		X		
Granola, Chewy, Smores	1 pkg	90	19	X		X	X				
Granola, Chewy, Thin Mint	1 pkg	100	18	X		X	X		X		
Nutrigrain Bar, Apple	1 pkg	160	30	X		X	X				
Oatmeal, Butterscotch	1 pkg	150	23	X	X	X	X				
Oatmeal, Chocolate Chip	1 pkg	150	24	X	X	X	X				
Oatmeal, Double Chocolate	1 pkg	150	24	X	X	X	X				
Rice Krispies, Apple Cinnamon	1 pkg	140	27	X			X				
Rice Krispies, Berry	1 pkg	140	27	X			X				
Rice Krispies, Chocolate	1 pkg	150	27	X			X				
Rice Krispies, Mini, Chocolate, WG	1 pkg	45	8	X			X				
Rice Krispies, Mini, WG	1 pkg	50	9	X			X				
Strawberry Oatmeal Bar	1 pkg	140	23	X	X	X	X				
<b>Other Snacks</b>											
Brownie, LF, IW	1 pkg	150	28	X	X	X	X				
Cookie, Carnival, WG	1 ea	100	17	X	X	X	X				
Cookie, Chocolate Chip, WG	1 ea	110	18	X	X	X	X				
Cookie, Double Chocolate, WG	1 ea	110	18	X	X	X	X				
Cooke, Chocolate Filled, WG, IW	1 pkg	200	31	X	X	X	X	X	X		
Cookie, Choc Chip - Grandma's	1 pkg	160	25	X		X	X	X	X		

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Chex Mix, Cheddar	1 pkg	110	20	X		X	X				
Chex Mix, Chocolate/Caramel	1 pkg	120	21	X		X	X				
Chex Mix, Habanero Lime	1 pkg	110	20			X	X				
Chex Mix, Hot/Spicy	1 pkg	110	19	X		X	X				
Chex Mix, Strawberry Yogurt	1 pkg	120	23	X		X	X				
Popcorn, Kettle	1 pkg	100	21	X			X	X	X		
Popcorn, Salted Caramel	1 pkg	100	13.5	X							
Popcorn, White Cheddar	1 pkg	100	14.5	X							
Pretzels, Heartzels	1 pkg	80	15			X					
<b>ICE CREAM</b>											
Bar, Chocolate Scooter	1 ea	140	22	X		X	X				
Bar, Fudge-O	1 ea	80	16	X							
Bar, Polar Fruit Juice	1 ea	70	16								
Bar, Chocolate Scooter	1 ea	170	26	X		X	X				
Bar, Strawberry Scooter	1 ea	160	25	X		X	X				
Cone, Cookie/Cream	1 ea	120	25	X		X	X	X			
Cone, Crazy	1 ea	120	25	X		X	X	X			
Cone, Vanilla/Chocolate Twist	1 ea	150	30	X		X	X	X			
Sandwich, Brownie Batter	1 ea	180	33	X		X	X				
Sandwich, Cookie/Cream	1 ea	150	29	X		X	X				
Sandwich, Vanilla	1 ea	180	33	X		X	X				
Twister Cup, Birthday Cake	1 ea	80	16	X							
Twister Cup, Cotton Candy	1 ea	80	15	X							
Twister Cup, Sour Apple	1 ea	80	19								
Twister Cup, Sour Raspberry	1 ea	80	19								
Special Holiday Cups	1 ea	80	16	X							