

2020-2021 Elementary Breakfast Carb Sheet

Hartland Consolidated Schools is providing carbohydrate information that is as complete and accurate as possible. The analysis was based on standard product formulations and variations may occur depending on the local supplier. Product formulations change periodically and the district will update product information as needed. Serving sizes may vary from the quantity upon which the analysis was based. If a vendor does not deliver a food item, a menu substitution may be made. If you wish for additional information or have a dietary concern regarding a specific ingredient or product, please contact Student Nutrition at 810-626-2868.

updated 01/05/2021

Cereal Bowls	serving size	carbs
Apple Jacks	1 bowl	24
Cheerios	1 bowl	20
Cinn Chex	1 bowl	23
Cinn Toast Crunch	1 bowl	22
CocoPuff	1 bowl	25
Frosted Flakes	1 bowl	24
Fruit Loops	1 bowl	24
Trix	1 bowl	24
Lucky Charms	1 bowl	23
Graham Crackers	2 pkg.	32
Gold fish crackers	1 pkg.	14

Meal Items		carbs
Bagel, Plain	1 each	29
Cream Cheese Cup, Plain	1 each	1
Cream Cheese Cup, Strawberry	1 each	4
Cinn. Crm cheese mini bagel	1 each	42
Bread, Cinnamon Burst	1 slice	44
Bread, Banana Bread	1 slice	45
Cheese Omelet	1 each	4
Mini Sausage and Pancake	6 each	30
Sausage, Egg & Cheese mini (package = 2 mini's)	1 mini	10
Breakfast rolled Taco	1 ea	17
Scrambled Eggs	Egg 1 cup	3
Smoothie, 12 oz.		
Smoothie, Shiver Shock 12 oz.	1 each	54
16 oz blendless smoothie	1 each	50
Yogurt, Dannon Danimals	1 each	14

Apple Slices, Fresh	1 pkg	7
Apple, Fresh (medium size)	1 each	18
Apples, Sliced canned	1/2 cup	12
Applesauce, unsweetened (verify brand)		
GFS	1/2 cup	13
Applesauce, Fun Flavors raspberry, mix fruit, cherry, strawberry/banana, plain, cinnamon, watermelon	1 each	22
Applesauce, Cinnamon - prepackaged	1/2 cup	22
Banana, Fresh (medium size)	1 each	27
Clementines	1 each	9
Grapes, Fresh	1/2 cup	15
Juice, Apple 100% Juice	1 carton	14
Juice, Fruit Punch 100% Juice	1 carton	14
Juice, Grape 100% Juice	1 carton	19
Juice, Orange 100% Juice	1 carton	13
Raisins	1 box	31
Mixed Berry, Frozen Commodity	1 pkg	20
Mixed Fruit, canned (verify brand)		
GFS	1/2 cup	13
IPM	1/2 cup	14
Mission Pride	1/2 cup	17
Oranges, Mandarin - canned	1/2 cup	20
Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
Royalty Diced Pears (individual cups)	1 each	17
Zee Zee Diced Pears (individual cups)	1 each	19

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Yogurt, Yopait	1 each	15
Yogurt, Trix	1 each	15

Muffins		carbs
Muffin, Apple Cinn	2 oz.	30
Muffin, Banana	2 oz.	31
Muffin, Blueberry mini	2 oz.	30

Milk		carbs
Milk, Fat Free White	1 each	11
Milk, 1% White	1 each	11

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Peaches, canned (verify brand)		
GFS	1/2 cup	12
IPM	1/2 cup	14
Taste of the West	1/2 cup	14
Peaches, Frozen Commodity	1 pkg	19
Pears, Diced (verify brand)		
Del Monte	1/2 cup	16
Fruit Offerings Cont.	serv	size
		carbs
GFS	1/2 cup	17
IPM	1/2 cup	21
Oregon Trail	1/2 cup	16
Pears, Fresh (medium sized)	1 each	22
Pineapple, canned (verify brand)		
Dole	1/2 cup	16
GFS	1/2 cup	18
Strawberries, Frozen Commodity	1 pkg	21