

2016-2017 Elementary Round Breakfast Items

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.

Last Updated 3/15/17

Cereal Bars	serving size	carbs
Apple Cinn Breakfast bar	1 bar	28
Cinn Toast Crunch	1 bar	30
CocoPuff	1 bar	30
Strawberry Cereal bar	1 bar	28
Trix	1 bar	30
Nutri-Grain Apple/Cinn	1 bar	30
Nutri-Grain Blueberry	1 bar	30
Nutri-Grain Strawberry	1 bar	29
Cereal Bowls		
Apple Jacks	1 bowl	24
Cinn Chex	1 bowl	23
Cinn Toast Crunch	1 bowl	22
CocoPuff	1 bowl	25
Fruit Loops	1 bowl	24
Honey nut cheerios	1 bowl	22
Lucky charms	1 bowl	23
Trix	1 bowl	24
Cereal Breakfast Breaks		
Cinn Toast Crunch Kit	1 each	55
Coco Puffs Kit	1 each	54
Trix Kit	1 each	56
Meal Items		
Bagel	1 each	29
Bagel, mini stuffed strawberry	1 pkg	41
Bread, Banana	1 slice	44
Bread, Cinnamin Burst	1 slice	44

Fruit Offerings	serving size	carbs
Apple Slices, Fresh	1 pkg	7
Apple, Fresh (medium size)	1 each	19
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	14
Juice, Apple 100% Juice	1 carton	13
Juice, Fruit Punch 100% Juice	1 carton	14
Juice, Grape 100% Juice	1 carton	19
Juice, Orange 100% Juice	1 carton	13
Juice, Orange carton comm	1 carton	14
Raisins	1 box	30
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
Peaches, canned (verify brand)		
GFS	1/2 cup	12
IPM	1/2 cup	14
Taste of the West	1/2 cup	14
Pears, Diced (verify brand)		

Cinnamon Bun	2.9 oz	38
Whole Grain Snack Bun	2.25 oz	30
Poptart, cinnamon single	1 pkg	37
Poptart, Strawberry single	1 pkg	38
Poptart, Fudge single	1 pkg	38
Maple Snack N' Waffle	1 pkg	43
Mini Pancakes - Pillsbury (verify pkg)	1 pkg	39
Mini Pancakes - Pillsbury (verify pkg)	1 pkg	41
Mini Waffles Eggo	1 pouch	35
Mini Waffles - Pillsbury	1 pouch	38
Mini Cinni	1 pkg	40
Sausage, Egg & Cheese mini (package = 2 mini's)	1 mini	10.5

Del Monte	1/2 cup	16
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, Fresh Whole	1/2 cup	6
Strawberry/Blueberry Mix (sugar added)	1/2 cup	29
Tangerine (medium size)	1 each	13
Watermelon, Fresh	1/2 cup	6

Muffins		
Muffin, Apple Cinn	1.94 oz	25
Muffin, Apple mini	1.6 oz	22
Muffin, Blueberry mini	1.6 oz	23
Muffin, Blueberry	3.2 oz	39
Muffin, Choc Chip mini	1.6 oz	25
Muffin, Strawberry mini	1.6oz	23

Milk		
Milk, Fat Free Chocolate	1 each	24
Milk, Fat Free White	1 each	13
Milk, 1% White	1 each	13

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