

## 2016-2017 Farms 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

<b>Cereal Bars</b>	<b>serving size</b>	<b>carbs</b>
Cinn Toast Crunch	1 bar	30
CocoPuff	1 bar	30
Trix	1 bar	30
Nutri-Grain blueberry	1 bar	30
<b>BeneFit Bar</b>		
Banana Chocolate Chunk	1 bar	48
Oatmeal Chocolate Chip	1 bar	47

<b>Cereal Bowls</b>		
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

<b>Meal Items</b>		
Apple Bosco	1 each	38
Bagel, Plain 4 oz.	1 each	56
<i>Cream Cheese</i>	1 oz cup	
Regular	1 each	1
Strawberry	1 each	4
Cinnamon Bun	2.9 oz	38
Granola Bags	1 pkg	20
Poptart, cinnamon dbl	1 pkg	75
Poptart, Strawberry dbl	1 pkg	75

<b>Fruit/Veggie Offerings</b>	<b>serving size</b>	<b>carbs</b>
Apple Slices, Fresh	1 pkg	7
Apple, Fresh (medium size)	1 each	19
Applesauce, Fun Flavors raspberry, mix fruit, cherry, strawberry/banana, plain, cinnamon, watermelon	1 each	22
Banana, Fresh (medium size)	1 each	27
Clementines	1 each	9
Juice, Orange 100% Juice	1 carton	13
Juice, Orange carton comm	1 carton	14
Raisins	1 box	30
Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
Pears, Fresh (medium sized)	1 each	22
Tangerine (medium size)	1 each	13
Carrots	1 bag	7

<b>Milk</b>		
Milk, Fat Free Chocolate	1 each	24
Milk, Fat Free White	1 each	13
Milk, 1% White	1 each	13

<b>Muffins</b>		
Muffin, Blueberry	3.2 oz	39
Muffin, Choc Chip mini	1.6 oz	25
Muffin, Cinnamon	1.94 oz	25
Muffin, Apple Cinnamon	1.94 oz	25
Muffin, Apple Mini	1.6 oz	22
Muffin, Blueberry Mini	1.6 oz	23

<b>Meal Items Continued</b>		
Blueberry Pancakes	1 pkg	42
Mini Cinni	1 pkg	40
Mini Pancakes - Pillsbury (verify pkg)	1 pkg	39
<b>Sausage Egg Muffin</b>		
Sausage	1 each	1
Egg Patty	1 Patty	1
Cheese Slice	1 slice	1
English Muffin	1 muffin	26
Yogurt, Danimals	1 each	16
String Cheese	1 each	0
Graham Crackers	1 pkg	16