

2016-2017 Ore Creek 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 4/11/17

| Cereal Bars | serving size | carbs |
|--------------------|---------------------|--------------|
| Cinn Toast Crunch | 1 bar | 30 |
| CocoPuff | 1 bar | 30 |
| Trix | 1 bar | 30 |

| BeneFit Bar | | |
|------------------------|-------|----|
| Banana Chocolate Chunk | 1 bar | 48 |
| Apple Cinnamon | 1 bar | 48 |
| Oatmeal Chocolate Chip | 1 bar | 47 |

| 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 |

| Meal Items | | |
|-------------------|----------|----|
| Bagels | 4 oz. | |
| Blueberry | 1 bagel | 58 |
| Everything | 1 bagel | 54 |
| Plain | 1 bagel | 56 |
| Cream Cheese | 1 oz cup | |
| Regular | 1 each | 1 |
| Strawberry | 1 each | 4 |

| Fruit Offerings | serving size | carbs |
|--|---------------------|--------------|
| 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 |
| 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 |
| Orange, Fresh (4 wedges = 1 orange) | 1 wedge | 3.75 |
| Pears, Fresh (medium sized) | 1 each | 22 |
| Tangerine (medium size) | 1 each | 13 |
| Watermelon, Fresh | 1/2 cup | 6 |
| Dole Juice | 1 each | |

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

| Fruit Smoothies | | |
|---|----------|------|
| Vanilla Yogurt Smoothie (grape juice*) | 8 oz cup | 39.5 |
| Strawberry Yogurt Smoothie (apple & grape juice*) | 8 oz cup | 36 |

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| Blueberry Parfait | 1 each | 66.5 |
| Breakfast Burrito | 1 each | 25 |
| Breakfast Sliders | 2 sliders | 21 |
| Cinnamon Bun | 2.9 oz | 38 |
| Donut, Star Shaped | 1 pkg | 17 |
| French Toast Sticks | 3 sticks | 28 |
| Granola Bags | 1 pkg | 20 |
| Mini Cinni | 1 pkg | 40 |
| Mini Pancakes - Pillsbury (verify pkg) | 1 pkg | 39 |
| Poptart, cinnamon dbl | 1 pkg | 75 |
| Poptart, Strawberry dbl | 1 pkg | 75 |
| Poptart, Fudge dbl | 1 pkg | 76 |
| Sausage, Egg & Cheese mini (package = 2 mini's) | 1 mini | 10.5 |
| Sausage Egg Muffin | | |
| Sausage | 1 each | 1 |
| Egg Patty | 1 Patty | 1 |
| Cheese Slice | 1 slice | 1 |
| English Muffin | 1 muffin | 26 |
| Snack Bun, Whole Grain | 2.25 oz | 30 |
| Waffles, Eggo Cinnamon | 1 pkg | 35 |
| yogurt, Danimals | 1 each | 16 |
| Yogurt, Trix Raspberry | 1 each | 20 |
| Yogurt, Go-Gurt Strawberry | 1 tube | 12 |
| Graham Crackers | 1 pkg | 16 |

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| * juices are substituted occasionally | | |
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|------------------------|---------|----|
| Muffins | | |
| Muffin, Blueberry | 3.2 oz | 39 |
| Muffin, Choc Chip mini | 1.6 oz | 25 |
| Muffin, Cinnamon | 1.94 oz | 25 |