

## 2017/18 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 ext. 3867

Last Updated 8/28/17

<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

<b>BeneFit Bar</b>		
Banana Chocolate Chunk	1 bar	48
Apple Cinnamon	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>		
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
Blueberry Parfait	1 each	66.5
Breakfast Burrito	1 each	25
Breakfast Sliders	2 sliders	21
Cinnamon Bun	2.9 oz	38

<b>Fruit 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
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	

<b>Milk</b>		
Milk, Fat Free Chocolate	1 each	20
Milk, Fat Free White	1 each	11
Milk, 1% White	1 each	11

<b>Fruit Smoothies</b>		
Vanilla Yogurt Smoothie (grape juice*)	8 oz cup	39.5
Strawberry Yogurt Smoothie (apple & grape juice*)	8 oz cup	36
* juices are substituted occasionally		

<b>Muffins</b>		
Muffin, Blueberry	3.2 oz	39

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
<b>Sausage Egg Muffin</b>		
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	14
Yogurt, Trix Raspberry	1 each	20
Yogurt, Go-Gurt Strawberry	1 tube	12
Graham Crackers	1 pkg	16

Muffin, Choc Chip mini	1.6 oz	25
Muffin, Cinnamon	1.94 oz	25

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