

2020-2021 Ore Creek Breakfast carb count

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

Updated 8/18/2020

Cereal Bars	serving size	carbs
Cinn Toast Crunch	1 bar	30
Quaker chewy dk choc	1 bar	19
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	

Fruit Offerings	serving size	carbs
Apple Slices, Fresh	1 pkg	7
Apple, Fresh (medium size)	1 each	18
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
Tropicana 100% juice, fruit medley	1 bottle	34
Tropicana 100% juice, strawberry/orange	1 bottle	40
Tropicana 100% juice, Apple	1 bottle	34
Tropicana 100% juice, Orange	1 bottle	33
Tropicana 100% juice, Strawberry/kiwi	1 bottle	38
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
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	23
Milk, Fat Free White	1 each	11
Milk, 1% White	1 each	11

Fruit Smoothies - (Verify)		
Vanilla Yogurt Smoothie (grape juice*)	8 oz cup	39.5

Regular	1 each	1
Strawberry	1 each	4
Blueberry Parfait	1 each	66.5
Breakfast Burrito	1 each	25
Meal Items Cont.		
Breakfast Sliders	2 sliders	21
Cinnamon Bun	2.9 oz	38
Cinn toast crunch pastry	2.36 oz	40
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 sngl	1pkg	38
Poptart, Fudge sngl	1pkg	38
Poptart, Strawberry sngl	1pkg	38
Poptart, cinnamon dbl	1 pkg	75
Poptart, Strawberry dbl	1 pkg	75
Poptart, Blueberry dbl	1 pkg	76
Poptart, Fudge dbl	1 pkg	76
Scrambled eggs w/cheese	1cup	3.5
Scrambled eggs	1 cup	3
Sausage, Egg & Cheese mini (package = 2 mini's)	1 mini	14.0
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
String cheese	1 oz	1
Waffles, Eggo Cinnamon	1 pkg	35
yogurt, Danimals	1 each	14
Yogurt, yoplait triple cherry	1 each	15
Yogurt, yoplait straw/ban	1each	15
Yogurt, Trix Raspberry	1 each	20
Yogurt, Go-Gurt Strawberry	1 tube	12
Graham Crackers	1 pkg	16

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Strawberry Yogurt Smoothie (apple & grape juice*)	8 oz cup	36
Yogurt, strawberry cup, apple juice	9 oz	40
Yogurt, frozen strawberries, apple juice	9 oz	37
Yogurt, banana, apple juice	9 oz	37.9
Yogurt, blueberry, apple juice	9 oz	37
Yogurt, frozen strawberries, grape juice	9 oz	38.1
Yogurt, banana, grape juice	9 oz	39
Yogurt, blueberry, grape juice	9 oz	38.1
Yogurt, strawberry cup, grape juice	9 oz	41.1
Yogurt, frozen straw, grape&apple juice	9 oz	37.6
Yogurt, banana, grape &apple juice	9 oz	38.4
Yogurt, blueberry, grape & apple juice	9 oz	37.6
Yogurt, straw cup, grape & apple juice	9 oz	40.6
* juices are substituted occasionally		

Muffins		
Muffin, Blueberry	3.2 oz	39
Muffin, Choc Chip mini	1.6 oz	25
Muffin, Cinnamon	1.94 oz	25