

2016-2017 Elementary Menu

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 5/8/17

MILK	Serving Size	Carbs		Fruit Offerings	Serving Size	Carbs
Available Daily						
Milk, Fat Free Chocolate	1 each	24		Apple Slices, Fresh	1 pkg	7
Milk, Fat Free White	1 each	13		Apple, Fresh (Medium size)	1 each	19
Milk, 1% White	1 each	13		Apples, Sliced canned	1/2 cup	12
				Applesauce, unsweetened (verify brand)		
2016-17 Menu Rotation Items	Serving Size	Carbs		GFS	1/2 cup	13
3-2-1 Lunch				Applesauce, Cinnamon	1/2 cup	15
Chicken Stick (3 sticks p/serving)	1 stick	2		fruit, cherry, strawberry/banana, plain,	1 each	22
Nuggets (2 per serving)	1 nugget	3		Applesauce, Cinnamon prepackaged	1 each	22
Cheese Cruncher	1 baked cheese stick	5		Banana, Fresh (medium size)	1 each	27
	Total Meal	17		Blueberries, fresh/frozen	1/2 cup	9
3 Cheese Calzone	1 each	33		Clementines	1 each	9
Bagels, Mini Stuffed Strawberry	1 pkg	41		Grapes, Fresh	1/2 cup	14
BOSCO Stick, Apple Whole Grain	1 each	38		Juice, Apple 100% Juice	1 carton	13
BOSCO Stick, Pizza	1 each	29		Juice, Fruit Punch 100% Juice	1 carton	14
Breadstick, Whole Grain	1 each	14		Juice, Grape 100% Juice	1 carton	19
Cheese Stick/String Cheese	1 each	1		Juice, Orange 100% Juice	1 carton	13
Cheese Stuffed Sticks (serving = 2 sticks)	1 each	15.5		Juice, Orange carton comm	1 carton	14
Cheeseburger on a Bun	1 bun	21		Mixed Fruit, Canned (verify brand)		
	Burger	2		GFS	1/2 cup	13
	Cheese Slice	1		IPM	1/2 cup	14
	Total Meal	24		Mission Pride	1/2 cup	17
Chef Salad	1 cup lettuce 2 slices Ham 4 slice Turkey 1 Breadstick 1 oz shredded cheese	2g lettuce 0.5g ham 1g Turkey 14g Bread 0.5g cheese		Oranges, Mandarin canned (verify brand)		
	Total Meal	18		GFS	1/2 cup	20
Cheez-It Snack	1 bag	14		Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
Chicken Drumstick	1 each	5		Peaches, Canned (verify brand)		
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3		GFS Brand	1/2 cup	12
Chicken Patty on a Bun	1 bun	21		Taste of the West	1/2 cup	15
	1 Patty	16		IPM	1/2 cup	14
	Total Meal	37		Pears, Diced (verify brand)		
Chicken, Popcorn Gold Kist Farms (serving = 10 pcs)	1 each	2		Del Monte	1/2 cup	16
Chicken Rings (serving = 5 rings)	1 ring	3		IPM	1/2 cup	15
Chicken Tenders (3 tenders = serving)	1 tender	5.3		GFS	1/2 cup	15
Corn Dog	1 each	30		Oregon Trail	1/2 cup	16
Crazy Cheesy Bread	1 each	30		Pears, Fresh (medium size)	1 each	22
Dinner Roll	1 each	19		Pineapple, Canned (verify brand)		
French Toast Sticks - Michael Foods (3 sticks = serving)	1 stick	7.3		Dole	1/2 cup	16
French Toast Stick-w/cinn glaze Sunny Fresh (3 sticks = serving)	1 stick	9.4		GFS	1/2 cup	18
Garlic Toast	1 each	11		Raisins	1 box	31
Granola (served with Yogurt boat)	1 pkg	20		Strawberries, Whole Fresh	1/2 cup	6
Grilled Cheese Sandwich	1 each	31		Strawberry/Blueberry Mix (sugar added)	1/2 cup	29
	1 Egg	1				
Green Eggs & Ham	4 slices Ham	1		Tangerine, (medium size)	1 each	13
Ham & Cheese Calzone	1 each	33		Watermelon, Fresh	1/2 cup	6

Hot Dog on a Bun	1 Bun	21				
	1 hot dog	1		Vegetable Offerings	Serving Size	Carb Count
Little Caesars Pizza	1 Slice	31		Beans, Baked canned	1/2 cup	30
Macaroni & Cheese	6 oz.	29		Beans, Black canned	1/2 cup	20
Mash Potato Bowl	1 each	47		Beans, Garbanzo canned	1/2 cup	20
Mini Cinnis	1 Package	40		Beans, Green Steamed	1/2 cup	4
Mini Corn Dogs (serving = 6 mini corn dogs)	1 mini corn dog	5		Beans, Refried	1/2 cup	24
Mini Pancakes - Pillsbury (verify on pkg)	1 Package	41		Broccoli, Fresh or Steamed	1/2 cup	5
Mini Pancakes - Pillsbury (verify on pkg)	1 Package	39		Broccoli and Califlower, Fresh	1/2 cup	5
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42		Califlower, Fresh	1/2 cup	5
Mini Waffles, Pillsbury	1 Package	38		Carrots, bagged	1 bag	7
Mini Waffles, Eggo	1 Package	35		Carrots, Fresh baby	1/2 cup	10
Muffin, Blueberry 3.2 oz	1 each	39		Carrot, Sticks (approx. 3-4)	1/2 cup	11
	15 chips, 3 oz. meat, 2 oz. cheese sauce	29g chips 5g meat 5g cheese		Carrots, Steamed	1/2 cup	6
Nachos Supreme				Celery Sticks (approx. 3 or 4)	1/2 cup	1.5
	Total Meal	39				
	5.6oz sauce, 1/2 cup pasta 1 oz shredded cheese	9g sauce, 47g pasta 0.5g cheese		Corn, Steamed	1/2 cup	16
Pasta & Meat Sauce				Cucumbers, Fresh	1/2 cup	2
	Total Meal	56.5				
Pretzel Rod	1 each	14		Hummus	1/4 cup	16
Pretzel, Large Whole Grain	1 each	30		Lettuce/Salad Greens	1 cup	2
Pretzel, Mini 1 oz.	1 each	14		Mixed Veggies, Steamed	1/2 cup	9
Quesadilla, Cheese/Pizza	1 each	40		Peas, Frozen or Steamed	1/2 cup	8
Quesadilla, Chicken	1 each	38		Sugar Snap Peas, Fresh	1/2 cup	10
Quesadilla, Cheese Mini (serving = 3 each)	1 each	10		Potatoes, Mashed (potato pearls)	1/2 cup	15
	14 pcs, 1/4 cup marinara 1 Toast	Ravioli 30g Marinara 7g Toast 11g		Potatoes, Oven Baked Fries	2.5 oz	16
Ravioli, cheese w/marinara w/Garlic Toast Elem.				Potato Wedges, Ranch	2.9 oz	17
	Total Meal	48				
Rice, Brown Whole Grain	1/2 cup	18		Potatoes, Hashbrown Stars (serving = 8 stars)	1 star	2.125
Sausage Patty (Pork or Turkey) serving = 2	1 patty	1		Potatoes, Hashbrown Triangles (serving = 2 each)	1 each	13
Shrimp Poppers (serving = 20 pcs.)	1 pcs.	1.05		Potatoes, Mashed Bites, spudsters (serving = 5 each)	1 each	4.6
Sloppy Joe on a Bun	1 Bun Sloppy Joe	21 10		Potatoes, Smiles (serving = 4 each)	1 each	5
		15g shell 2.5g meat 0.5g shredded cheese		Potatoes, Sweet Potato Crinkles	2.11 oz.	23
Soft Taco (2 servings offered)	1 each			Potatoes, Sweet Potato Fries	2 oz.	20
	Total Meal	18				
		14.5g Shell 2.5g meat 0.5g shredded cheese		Potatoes, Sweet Potato Coins	10 pcs.	13
Hard Shell Taco (2 servings offered)	1 each			Potatoes, Sweet Potato Tots/Puffs	2.8 oz.	22
	Total Meal	17.5				
Soybutter & Grape Jelly Sandwich	1 each	28		Potatoes, Tater Tots (serving = 8 pcs.)	1 tot	2
	1 cup lettuce 15 chips Meat 3.17oz 1 oz Cheese	2g Lettuce 29g chips 5g Meat 0.5g shredded cheese		Tomato, Cherry (serving = 4 each)	1 each	0.75
Taco Salad w/chips						
	Total Meal	36.5				

Tangerine Chicken with WG Brown Rice	3.9oz.chicken 1/2 cup rice	25 18		Desserts & Special Treats		
	Total Meal	43		Apple Crisp	1/2 cup	29g
Texas Toast, Apple Cinnamon	1 slice	45		Blueberry Cobbler	1 cup	22
Tomato Soup	1 cup	21		Carmel dip	1 each	20
	1 sub bun	31				
	4 slice turkey	1				
Turkey & Cheese Sub	1 cheese	1		Chocolate Chip Cookie	1 each	28
	Total Meal	33		100% Fruit Juice Frozen Treat	1 each	15
	1 bag chip					
	3.17 oz meat	26g				
	1oz shredded cheese	5g 0.5g				
Walking Taco				Sidekicks Frozen Juice Cup	1 each	20
	Total Meal	31.5		Mini Rice Krispy Treat	1 each	9
Whole Grain Roll	1 each	19		Sorbet, Cherry/Blue Rasp Swirl	1 each	18
Yogurt Boats based on Danimal Yogurt of 16g				Sorbet, Strawberry/Kiwi	1 each	17
Yogurt - Danimals	1 each	16		Fortune Cookie	1 each	6.25
Yogurt - Trix	1 each	20		Frog Spit	1 each	25
Graham Crackers (3 sq/per package)	1 graham sq.	5.334		1 FISH / 2 FISH Crackers	1 pkg	19
String Cheese Stick	1 each	1		Harvest Cookie	1 each	18
				Spring Ice Cream Cup	1 each	12
Yogurt Boat - 2 pkgs graham crackers	1 graham sq.	5.334 (32)		St. Patrick's Day Pretzel	1 each	30
1 Yogurt	1 yogurt	16		St. Patrick's Day Sugar Cookie	1 each	17
1 String Cheese	1 cheese	1		Valentine Parfait	1 each	33
	Total Meal	49		Churro Bites 2" (serving = 4 each)	1 each	5.5
Yogurt Boat - 3 pkgs graham crackers	1 graham sq.	5.334 (48)		Earth Day Dessert	1 each	24
1 Yogurt	1 yogurt	16		Red White and Blue Parfait	1 each	31
1 String Cheese	1 cheese	1		Donut Hole, Cinnamon	1 each	17
	Total Meal	65		Condiments		
Yogurt Boat - 1 Granola pkg	1 pkg	20		BBQ Sauce	2 Tbsp	14
1 pkg graham crackers	1 graham sq.	5.334 (16)		Honey Mustard	2 Tbsp	18
1 Yogurt	1 yogurt	16		Italian Dressing	2 Tbsp	6
1 String Cheese	1 cheese	1		Ketchup	2 Tbsp	10
	Total Meal	53		Lite Ranch Dressing	2 Tbsp	2
Yogurt Boat - 1 Cinnamon Chex Gluten Free	1 bowl	23		Marinara Sauce, RedPack	1/8 cup	3.5
1 Yogurt	1 yogurt	16		Pickles	1 oz.	1
1 String Cheese	1 cheese	1		Salsa (verify brand)		
	Total Meal	40		Del Monte	2 Tbsp	1
				Red Gold	2 Tbsp	2
				Sour Cream	2 oz.	6
				Syrup	2 oz.	52
				Blueberry Dipping Sauce	2 oz.	14

Updated 5/8/17