

## 2017-2018 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 ext. 3867

Last Updated 11/10/2017

<b>MILK</b>	<b>Serving Size</b>	<b>Carbs</b>		<b>Fruit Offerings</b>	<b>Serving Size</b>	<b>Carbs</b>
Available Daily						
Milk, Fat Free Chocolate	1 each	20		Apple Slices, Fresh	1 pkg	7
Milk, Fat Free White	1 each	11		Apple, Fresh (Medium size)	1 each	19
Milk, 1% White	1 each	11		Apples, Sliced canned	1/2 cup	12
				<b>Applesauce, unsweetened (verify brand)</b>		
<b>2017-18 Menu Rotation Items</b>	<b>Serving Size</b>	<b>Carbs</b>		GFS	1/2 cup	13
				Royal	1/2 cup	15
<b>3-2-1 Lunch</b>				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	3.2		Applesauce, Cinnamon prepackaged	1 each	22
Cheese Cruncher	1 baked cheese stick	5		Banana, Fresh (medium size)	1 each	27
	<b>Total Meal</b>	<b>17.4</b>		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		<b>Mixed Fruit, Canned (verify brand)</b>		
	Burger	2		GFS	1/2 cup	13
	Cheese Slice	1		IPM	1/2 cup	14
	<b>Total Meal</b>	<b>24</b>		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		<b>Oranges, Mandarin canned (verify brand)</b>		
	<b>Total Meal</b>	<b>18</b>		GFS	1/2 cup	20
Cheese Omelet w/Blueberry Muffin	1 Omelet	1		Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
	1 Muffin 2 oz.	30		<b>Peaches, Canned (verify brand)</b>		
	<b>Total Meal</b>	<b>31</b>		GFS Brand	1/2 cup	12
Cheez-It Snack	1 bag	14		GFS Brand	1/2 cup	14
Chicken Drumstick	1 each	5		Taste of the West	1/2 cup	15
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3.2		IPM	1/2 cup	14
Chicken Patty on a Bun	1 bun	21				
	1 Patty	16		<b>Pears, Diced (verify brand)</b>		
	<b>Total Meal</b>	<b>37</b>		Del Monte	1/2 cup	16
Chicken, Popcorn Gold Kist Farms (serving = 10 pcs)	1 each	2		IPM	1/2 cup	15
Chicken Rings (serving = 5 rings)	1 ring	3		GFS	1/2 cup	17
Chicken Tenders (3 tenders = serving)	1 tender	5.3		Oregon Trail	1/2 cup	16
Corn Dog	1 each	30		Pears, Fresh (medium size)	1 each	22
Crazy Cheesy Bread	1 each	30		<b>Pineapple, Canned (verify brand)</b>		
Dinner Roll	1 each	19		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 (Stuffed)	1 each	34		Strawberry/Blueberry Mix (sugar added)	1/2 cup	29
Green Eggs & Ham	1 Egg	1				
	4 slices Ham	1		Tangerine, (medium size)	1 each	13
Ham & Cheese Calzone	1 each	33		Watermelon, Fresh	1/2 cup	6
Hot Ham & Cheese on Prezel Bun	1 Bun	29				
Ham	4 Slices	1				
American Cheese	1 Slice	1				
	<b>Total Meal</b>	<b>31</b>				
Hot Dog on a Bun	1 Bun	21		<b>Vegetable Offerings</b>	<b>Serving Size</b>	<b>Carb Count</b>
	1 Hot Dog	1		Beans, Baked canned	1/2 cup	30
Macaroni & Cheese Land O'Lakes	6 oz.	29		Beans, Black canned	1/2 cup	20
Macaroni & Cheese JTM Brand	6 oz.	26				
Mash Potato Bowl	1 each	47		Beans, Garbanzo canned	1/2 cup	20
Mini Cinnis	1 Package	39		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	29
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 Cauliflower, Fresh	1/2 cup	5
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42		Cauliflower, 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		<b>Total Meal</b>	<b>39</b>	Celery Sticks (approx. 3 or 4)	1/2 cup	1.5
	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		<b>Total Meal</b>	<b>56.5</b>	Cucumbers, Fresh	1/2 cup	2
Pizza Slice, Domino's Cheese or Pepperoni	1 slice	29		Hummus	1/4 cup	16
Pizza Stuffer - Gluten Free	1 each	41		Lettuce/Salad Greens	1 cup	2
Personal Deep Dish Pepp Pizza (Tony's)	1 each	38		Mixed Veggies, Steamed	1/2 cup	9
Deep Dish Pepp Pizza Breadsticks	1 each	27		Peas, Frozen or Steamed	1/2 cup	8
Pepperoni Pizza Bites	4 each	29		Sugar Snap Peas, Fresh	1/2 cup	10
Pretzel Rod	1 each	14		Potatoes, Emoji (4 = Serving)	1 each	5
Pretzel, Large Whole Grain	1 each	30		Potatoes, Mashed (potato pearls)	1/2 cup	15
Pretzel, Mini 1 oz.	1 each	14		Potatoes, Oven Baked Fries	3 oz	19
Quesadilla, Cheese/Pizza	1 each	40		Potato Wedges, Ranch	2.9 oz	17
Quesadilla, Chicken	1 each	38		Potatoes, Hashbrown Stars (serving = 8 stars)	1 star	2.125
Quesadilla, Cheese Mini (serving = 3 each)	1 each	10		Potatoes, Hashbrown Triangles (serving = 2 each)	1 each	13
	14 pcs, 1/4 cup marinara 1 Toast	Ravioli 30 Marinara 7 Toast 11		Potatoes, Mashed Bites, spudsters (serving = 5 each)	1 each	4.6
Ravioli, cheese w/marinara w/Garlic Toast Elem.		<b>Total Meal</b>	<b>48</b>	Potatoes, Smiles (serving = 4 each)	1 each	5
Rice, Brown Whole Grain	1/2 cup	18		Potatoes, Sweet Potato Crinkles	2.11 oz.	23
Sausage Patty (Pork or Turkey) serving = 2	1 patty	1		Potatoes, Sweet Potato Fries	2 oz.	20
Shrimp Poppers (serving = 20 pcs.)	1 pcs.	1.05		Potatoes, Sweet Potato Coins	10 pcs.	13
	1 Bun Sloppy Joe	21 10		Potatoes, Sweet Potato Tots/Puffs	2.8 oz.	22
Sloppy Joe on a Bun		15g shell 2.5g meat 0.5g shredded cheese		Potatoes, Tater Tots (serving = 8 pcs.)	1 tot	2
Soft Taco (2 servings offered)	1 each			Tomato, Cherry (serving = 4 each)	1 each	0.75
	<b>Total Meal</b>	<b>18</b>				

Hard Shell Taco (2 servings offered)	1 each	14.5g Shell 2.5g meat 0.5g shredded cheese		<b>Desserts &amp; Special Treats</b>		
	<b>Total Meal</b>	<b>17.5</b>		Apple Crisp	1/2 cup	29g
Soybutter & Grape Jelly Sandwich	1 each	28		Blueberry Cobbler	1 cup	22
Taco Salad w/chips	1 cup lettuce 15 chips Meat 3.17oz 1 oz Cheese	2g Lettuce 29g chips 5g Meat 0.5g cheese		Carmel dip	1 each	20
	<b>Total Meal</b>	<b>36.5</b>		Chocolate Chip Cookie	1 each	28
Tangerine Chicken with WG Brown Rice	3.9oz.chicken 1/2 cup rice	25 18		100% Fruit Juice Frozen Treat	1 each	15
	<b>Total Meal</b>	<b>43</b>		Sidekicks Frozen Juice Cup	1 each	20
Texas Toast, Apple Cinnamon	1 slice	45		Mini Rice Krispy Treat	1 each	9
Tomato Soup	1 cup	21		Sorbet, Cherry/Blue Rasp Swirl	1 each	18
Turkey & Cheese Sub	1 sub bun 4 slice turkey 1 cheese	31 1 1		Sorbet, Strawberry/Kiwi	1 each	17
	<b>Total Meal</b>	<b>33</b>		Fortune Cookie	1 each	6.25
Walking Taco	1 bag chip 3.17 oz meat 1oz shredded cheese	28 5 0.5		Frog Spit	1 each	25
	<b>Total Meal</b>	<b>33.5</b>		1 FISH / 2 FISH Crackers	1 pkg	19
Whole Grain Roll	1 each	19		Harvest Cookie	1 each	18
<b>Yogurt Boats based on Danimal Yogurt of 14g</b>				Spring Ice Cream Cup	1 each	12
Yogurt - Danimals	1 each	14		St. Patrick's Day Pretzel	1 each	30
Yogurt - Trix	1 each	20		St. Patrick's Day Sugar Cookie	1 each	17
Graham Crackers (3 sq/per package)	1 graham sq.	5.334		Valentine Parfait	1 each	33
String Cheese Stick	1 each	1		Churro Bites 2" (serving = 4 each)	1 each	5.5
	<b>Total Meal</b>			Earth Day Dessert	1 each	24
Yogurt Boat - 2 pkgs graham crackers	1 graham sq.	5.334 (32)		Red White and Blue Parfait	1 each	31
1 Yogurt	1 yogurt	14		Donut Hole, Cinnamon	1 each	17
1 String Cheese	1 cheese	1		Strawberry Shortcake Cookies	1 each	18
	<b>Total Meal</b>	<b>47</b>		Snickerdoodle Cookie	1 each	19
Yogurt Boat - 3 pkgs graham crackers	1 graham sq.	5.334 (48)		Red & Green Snow (Cherry/Lime swirl)	1 each	19
1 Yogurt	1 yogurt	14		<b>Condiments</b>		
1 String Cheese	1 cheese	1		BBQ Sauce	2 Tbsp	14
	<b>Total Meal</b>	<b>63</b>		Honey Mustard	2 Tbsp	18
Yogurt Boat - 1 Granola pkg	1 pkg	20		Italian Dressing	2 Tbsp	6
1 pkg graham crackers	1 graham sq.	5.334 (16)		Ketchup	2 Tbsp	10
1 Yogurt	1 yogurt	14		Lite Ranch Dressing	2 Tbsp	2
1 String Cheese	1 cheese	1		Marinara Sauce, RedPack	1/8 cup	3.5
	<b>Total Meal</b>	<b>51</b>		Pickles	1 oz.	1
Yogurt Boat - 1 Cinnamon Chex Gluten Free	1 bowl	23		Salsa (verify brand)		
1 Yogurt	1 yogurt	14		Del Monte	2 Tbsp	1
1 String Cheese	1 cheese	1		Red Gold	2 Tbsp	2
	<b>Total Meal</b>	<b>38</b>		Sour Cream	2 oz.	6
Updated 11/10/2017				Syrup	2 oz.	52
				Blueberry Dipping Sauce	2 oz.	14