

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 9/12/2017

MILK	Serving Size	Carbs		Fruit Offerings	Serving Size	Carbs
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
				Applesauce, unsweetened (verify brand)		
2017-18 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	3.2		Applesauce, Cinnamon prepackaged	1 each	22
Cheese Cruncher	1 baked cheese stick	5		Banana, Fresh (medium size)	1 each	27
	Total Meal	17.4		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	3.2		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	17
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 Stick-w/cinn glaze Sunny Fresh (3 sticks = serving)	1 stick	9.4		Dole	1/2 cup	16
Garlic Toast	1 each	11		GFS	1/2 cup	18
Granola (served with Yogurt boat)	1 pkg	20		Raisins	1 box	31
Grilled Cheese (Stuffed)	1 each	34		Strawberries, Whole Fresh	1/2 cup	6
Green Eggs & Ham	1 Egg 4 slices Ham	1		Strawberry/Blueberry Mix (sugar added)	1/2 cup	29
Ham & Cheese Calzone	1 each	33		Tangerine, (medium size)	1 each	13
				Watermelon, Fresh	1/2 cup	6

Hot Dog on a Bun	1 Bun	21				
	1 hot dog	1		Vegetable Offerings	Serving Size	Carb Count
Pizza Slice (?)	1 Slice			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	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 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		Total Meal	39	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		Total Meal	56.5	Cucumbers, Fresh	1/2 cup	2
Pizza Stuffer - Gluten Free	1 each	41		Hummus	1/4 cup	16
Personal Deep Dish Pepp Pizza (Tony's)	1 each	38		Lettuce/Salad Greens	1 cup	2
Deep Dish Pepp Pizza Breadsticks	1 each	27		Mixed Veggies, Steamed	1/2 cup	9
Pepperoni Pizza Bites	8 each	31		Peas, Frozen or Steamed	1/2 cup	8
Pretzel Rod	1 each	14		Sugar Snap Peas, Fresh	1/2 cup	10
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.		Total Meal	48	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
		Total Meal	18			
		14.5g Shell 2.5g meat 0.5g shredded cheese				
Hard Shell Taco (2 servings offered)	1 each					

	Total Meal	17.5		Desserts & Special Treats		
Soybutter & Grape Jelly Sandwich	1 each	28		Apple Crisp	1/2 cup	29g
Taco Salad w/chips	1 cup lettuce 15 chips Meat 3.17oz 1 oz Cheese	2g Lettuce 29g chips 5g Meat 0.5g shredded cheese		Blueberry Cobbler	1 cup	22
	Total Meal	36.5		Carmel dip	1 each	20
Tangerine Chicken with WG Brown Rice	3.9oz.chicken 1/2 cup rice	25 18		Chocolate Chip Cookie	1 each	28
	Total Meal	43		100% Fruit Juice Frozen Treat	1 each	15
Texas Toast, Apple Cinnamon	1 slice	45		Sidekicks Frozen Juice Cup	1 each	20
Tomato Soup	1 cup	21		Mini Rice Krispy Treat	1 each	9
Turkey & Cheese Sub	1 sub bun 4 slice turkey 1 cheese	31 1 1		Sorbet, Cherry/Blue Rasp Swirl	1 each	18
	Total Meal	33		Sorbet, Strawberry/Kiwi	1 each	17
Walking Taco	1 bag chip 3.17 oz meat 1oz shredded cheese	27 5 0.5		Fortune Cookie	1 each	6.25
	Total Meal	32.5		Frog Spit	1 each	25
Whole Grain Roll	1 each	19		1 FISH / 2 FISH Crackers	1 pkg	19
Yogurt Boats based on Danimal Yogurt of 14g				Harvest Cookie	1 each	18
Yogurt - Danimals	1 each	14		Spring Ice Cream Cup	1 each	12
Yogurt - Trix	1 each	20		St. Patrick's Day Pretzel	1 each	30
Graham Crackers (3 sq/per package)	1 graham sq.	5.334		St. Patrick's Day Sugar Cookie	1 each	17
String Cheese Stick	1 each	1		Valentine Parfait	1 each	33
	Total Meal			Churro Bites 2" (serving = 4 each)	1 each	5.5
Yogurt Boat - 2 pkgs graham crackers	1 graham sq.	5.334 (32)		Earth Day Dessert	1 each	24
1 Yogurt	1 yogurt	14		Red White and Blue Parfait	1 each	31
1 String Cheese	1 cheese	1		Donut Hole, Cinnamon	1 each	17
	Total Meal	47		Condiments		
Yogurt Boat - 3 pkgs graham crackers	1 graham sq.	5.334 (48)		BBQ Sauce	2 Tbsp	14
1 Yogurt	1 yogurt	14		Honey Mustard	2 Tbsp	18
1 String Cheese	1 cheese	1		Italian Dressing	2 Tbsp	6
	Total Meal	63		Ketchup	2 Tbsp	10
Yogurt Boat - 1 Granola pkg	1 pkg	20		Lite Ranch Dressing	2 Tbsp	2
1 pkg graham crackers	1 graham sq.	5.334 (16)		Marinara Sauce, RedPack	1/8 cup	3.5
1 Yogurt	1 yogurt	14		Pickles	1 oz.	1
1 String Cheese	1 cheese	1		Salsa (verify brand)		
	Total Meal	51		Del Monte	2 Tbsp	1
Yogurt Boat - 1 Cinnamon Chex Gluten Free	1 bowl	23		Red Gold	2 Tbsp	2
1 Yogurt	1 yogurt	14		Sour Cream	2 oz.	6
1 String Cheese	1 cheese	1		Syrup	2 oz.	52
	Total Meal	38		Blueberry Dipping Sauce	2 oz.	14

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