

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 3/22/2018

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
				Royal	1/2 cup	15
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)		
*health alert notice req'd	GF bun	44				
	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
Cheese Omelet w/Blueberry Muffin	1 Omelet	1		Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
	1 Muffin 2 oz.	30		Peaches, Canned (verify brand)		
	Total Meal	31		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		Pears, Diced (verify brand)		
	Total Meal	37		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		Pineapple, Canned (verify brand)		
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		SideKick 100% juice slushie strawberry/kiwi	1 each	22
Ham	4 Slices	1				
American Cheese	1 Slice	1				
	Total Meal	31				
Hot Dog on a Bun	1 Bun	21		Vegetable Offerings	Serving Size	Carb Count
	1 Hot Dog	1		Beans, Baked canned	1/2 cup	30
	*health alert notice req'd	GF bun	20			
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 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
	17 chips, 3 oz. meat, 2 oz. cheese sauce	32g chips 5g meat 5g cheese				
Nachos Supreme				Carrots, Steamed	1/2 cup	6
	Total Meal	42		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				
Pasta & Meat Sauce				Corn, Steamed	1/2 cup	16
	Total Meal	56.5		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				
Ravioli, cheese w/marinara w/Garlic Toast Elem.				Potatoes, Mashed Bites, spudsters (serving = 5 each)	1 each	4.6
	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				
Sloppy Joe on a Bun				Potatoes, Sweet Potato Tots/Puffs	2.8 oz.	22
		15g shell 2.5g meat 0.5g shredded cheese				
Soft Taco (2 servings offered)	1 each			Potatoes, Tater Tots (serving = 8 pcs.)	1 tot	2
	Total Meal	18		Tomato, Cherry (serving = 4 each)	1 each	0.75

Hard Shell Taco (2 servings offered)	1 each	14.5g Shell 2.5g meat 0.5g shredded cheese		Desserts & Special Treats		
	Total Meal	17.5		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 17 chips Meat 3.17oz 1 oz Cheese	2g Lettuce 32g chips 5g Meat 0.5g cheese		Carmel dip	1 each	20
	Total Meal	39.5		Chocolate Chip Cookie	1 each	28
Tangerine Chicken with WG Brown Rice	3.9oz.chicken 1/2 cup rice	25 18		Mini Rice Krispy Treat	1 each	9
	Total Meal	43		Sorbet, Cherry/Blue Rasp Swirl	1 each	18
Texas Toast, Apple Cinnamon	1 slice	45		Sorbet, Strawberry/Kiwi	1 each	17
Tomato Soup	1/2 cup	10		Fortune Cookie	1 each	6.25
Turkey & Cheese Sub	1 sub bun 4 slice turkey 1 cheese	31 1 1		Frog Spit	1 each	25
	Total Meal	33		1 FISH / 2 FISH Crackers	1 pkg	19
Walking Taco	1 bag chip 3.17 oz meat 1oz shredded cheese	28 5 0.5		Harvest Cookie	1 each	18
	Total Meal	33.5		Spring Ice Cream Cup	1 each	12
Whole Grain Roll	1 each	19		St. Patrick's Day Pretzel	1 each	30
Yogurt Boats based on Danimal Yogurt of 14g				St. Patrick's Day Sugar Cookie	1 each	17
Yogurt - Danimals	1 each	14		St. Patrick's Day Dessert Lemon/Lime	1 each	19
Yogurt - Trix	1 each	20		Valentine Parfait	1 each	33
Granola (served with Yogurt boat)	1 package	20		Valentine Heart Shaped Cookie	1 each	17
String Cheese Stick	1 each	1		Churro Bites 2" (serving = 4 each)	1 each	5.5
Whole Grain Blueberry Muffin	1 each	30				
Whole Grain Cheddar Goldfish Crackers	1 package	14				
				Earth Day Dessert	1 each	24
Yogurt Boat - Goldfish & Muffin				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
Whole Grain Blueberry Muffin	1 each	30		Snickerdoodle Cookie	1 each	19
Whole Grain Cheddar Goldfish Crackers	1 package	14		Red & Green Snow (strawberry/kiwi sidekick)	1 each	22
	Total Meal	59		Condiments		
				BBQ Sauce	2 Tbsp	14
Yogurt Boat - Goldfish and Granola				Honey Mustard	2 Tbsp	18
Whole Grain Cheddar Goldfish	1 package	14		Italian Dressing	2 Tbsp	6
Granola	1 package	20		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
	Total Meal	49		Pickles	1 oz.	1
				Salsa (verify brand)		
Yogurt Boat - Muffin & Granola				Del Monte	2 Tbsp	1
Whole Grain Muffin	1 each	30		Red Gold	2 Tbsp	2
Granola	1 package	20		Sour Cream	2 oz.	6
1 Yogurt	1 yogurt	14		Syrup	2 oz.	52
1 String Cheese	1 cheese	1		Blueberry Dipping Sauce	2 oz.	14
	Total Meal	65				
Yogurt Boat- Gluten Free Chex						
Gluten Free Chex Cereal	1 bowl	23				
1 Yogurt	1 yogurt	14				
1 String Cheese	1 cheese	1				
	Total Meal	38				