

2018-2019 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 11/28/2018

MILK	Serving Size	Carbs		Fruit Offerings	Serving Size	Carbs
Available Daily						
Milk, Fat Free Chocolate, Praire Farms	1 each	19		Apple Slices, Fresh	1 pkg	7
Milk, Fat Free Chocolate, Borden's	1 each	23				
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
Milk, 1% Chocolate	1 each	24		Applesauce, unsweetened (verify brand)		
2018-19 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		Applesauce, fun flavors raspberry,mix fruit, cherry, strawberry/banana, plain, cinnamon,watermelon	1 each	22
Nuggets (2 per serving)	1 nugget	3.2		Applesauce, Cinnamon prepackaged	1 each	17
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
Beef Fiestada Pizza	1 each	43				
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
BOSCO, Cheese, Egg & Turkey Bacon (serving = 2)	1 each	17				
Breadstick, Whole Grain	1 each	14		Juice, Grape 100% Juice	1 carton	19
Breadstick, Garlic Parmesan Twisted	1 each	28				
Cheese Stick/String Cheese	1 each	1		Juice, Orange 100% Juice	1 carton	14
Cheese Stuffed Sticks (serving = 2 sticks)	1 each	15.5		Juice, Orange carton comm	1 carton	14
Cheeseburger on a Bun	1 bun	21				
*health alert notice req'd	GF bun	44		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
Caesar Salad w/ Twisted breadstick	1 cup lettuce	2		Oranges, Mandarin canned (verify brand)		
	1 patty	16		GFS	1/2 cup	20
	1 oz mozz	0.5		Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
	4 each cherry tomatoes	3.5				
	breadstick	28		Peaches, Canned (verify brand)		
	Caesar Dressing	2		GFS Brand	1/2 cup	12
	Total Meal	52		GFS Brand	1/2 cup	14
Chef Salad	1 cup lettuce	2		Taste of the West	1/2 cup	15
	2 slices ham	0.5		IPM	1/2 cup	14
	4 slices turkey	0				
	1 breadstick	14		Pears, Diced (verify brand)		
	1 oz cheese	0.5		Del Monte	1/2 cup	16
	Total Meal	17		IPM	1/2 cup	15
Cheese Omelet w/Blueberry Muffin	1 Omelet	1		GFS	1/2 cup	17
	1 Muffin 2 oz.	30		Oregon Trail	1/2 cup	16
	Total Meal	31		Pears, Fresh (medium size)	1 each	22
Cheez-It Snack	1 bag	14				

Chicken Drumstick	1 each	5		Pineapple, Canned (verify brand)		
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3.2		Dole	1/2 cup	16
Chicken Patty on a Bun	1 bun	21		GFS	1/2 cup	18
	1 Patty	16		Raisins	1 box	31
	Total Meal	37		Strawberries, Whole Fresh	1/2 cup	6
Chicken, Popcorn Gold Kist Farms (serving = 10 pcs)	1 each	2		Strawberry/Blueberry Mix (sugar added)	1/2 cup	29
Chicken Rings (serving = 5 rings)	1 ring	3		Tangerine, (medium size)	1 each	13
Chicken Tenders (3 tenders = serving)	1 tender	5.3		Watermelon, Fresh	1/2 cup	6
Corn Dog	1 each	30		SideKick 100% juice slushie strawberry/kiwi	1 each	22
Crazy Cheesy Bread	1 each	30				
Dinner Roll	1 each	19		Vegetable Offerings	Serving Size	Carb Count
French Toast Stick-w/cinn glaze Sunny Fresh (3 sticks = serving)	1 stick	9.4		Beans, Baked canned	1/2 cup	29
Garlic Toast	1 each	11		Beans, Black canned	1/2 cup	20
Granola (served with Yogurt boat)	1 pkg	20		Beans, Garbanzo canned	1/2 cup	20
Grilled Cheese (Stuffed)	1 each	34		Beans, Green Steamed	1/2 cup	4
Green Eggs & Ham	1 Egg	1		Beans, Refried	1/2 cup	31
	1 pkg graham	19		Broccoli, Fresh or Steamed	1/2 cup	2.5
	4 slices Ham	1		Broccoli and Califlower, Fresh	1/2 cup	2.5
	Total Meal	21		Califlower, Fresh	1/2 cup	2
				Carrots, bagged	1 bag	7
Ham & Cheese Calzone	1 each	33		Carrots, Fresh baby	1/2 cup	10
Hot Ham & Cheese on Prezel Bun	1 Bun	29		Carrot, Sticks (approx. 3-4)	1/2 cup	11
	4 Slices ham	1		Carrots, Steamed	1/2 cup	6
	1 Slice	1		Celery Sticks (approx. 3 or 4)	1/2 cup	2
	Total Meal	31		Corn, Steamed	1/2 cup	16
Hot Italian Sub	1 Bun	31		Cucumbers, Fresh	1/2 cup	1
Ham	2 slices	1		Hummus	1/4 cup	16
Salami	2 slices	1		Lettuce/Salad Greens	1 cup	2
Bologna	1 slices	0		Mixed Veggies, Steamed	1/2 cup	9
American Cheese - White	1 Slice cheese	1				
	Total Meal	34				
Hot Dog on a Bun	1 Bun	21		Peas, Frozen or Steamed	1/2 cup	8
	1 Hot Dog	1		Sugar Snap Peas, Fresh	1/2 cup	10
*health alert notice req'd	GF bun	20		Potatoes, Emoji (4 = Serving)	1 each	5
Macaroni & Cheese Land O'Lakes	6 oz.	29		Potatoes, Mashed (potato pearls)	1/2 cup	15
Macaroni & Cheese JTM Brand	6 oz.	26		Potatoes, Oven Baked Fries	3 oz	21
Mini Cinnis	1 Package	39		Potato Wedges, Ranch	2.9 oz	17
Mini Corn Dogs (serving = 6 mini corn dogs)	1 mini corn dog	5		Potatoes, Hashbrown Stars (serving = 7 stars)	1 star	2.125
Mini Pancakes - Pillsbury (verify on pkg)	1 Package	38		Potatoes, Hashbrown Patties (serving = 2 each)	1 each	15.5
Mini Blueberry Pancakes - Eggo	1 Package	35		Potatoes, Smiles (serving = 4 each)	1 each	5
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42		Potatoes, Tater Tots (serving = 8 pcs.)	1 Tot	2
Mini Waffles, Pillsbury	1 Package	38		Potatoes, Curly Fries	2.12 oz	15
Mini Waffles, Eggo	1 Package	35		Tomato, Cherry (serving = 4 each)	1 each	0.87
Muffin, Blueberry 3.2 oz	1 each	39				
				Desserts & Special Treats		
Nachos Supreme	17 chips	32		Apple Crisp	1/2 cup	29g
	3.17 oz meat	5		Blueberry Cobbler	1 cup	22
	2 oz cheese	3		Carmel dip	1 each	20
	Total Meal	40		Chocolate Chip Cookie	1 each	28
Pasta & Meat Sauce	5.6 oz sauce	9		Mini Rice Krispy Treat	1 each	9
	1/2 cup pasta	48		Sorbet, Cherry/Blue Rasp Swirl	1 each	18
	1 oz mozz	0.5		Sorbet, Strawberry/Kiwi	1 each	17
	Total Meal	57.5		Fortune Cookie	1 each	6.25
Pizza Slice, Hungry Howie's Cheese/Pepp	1 slice	34		Frog Spit	1 each	25

Pizza Stuffer - Gluten Free	1 each	41	1 FISH / 2 FISH Crackers	1 pkg	19
Pretzel Rod	1 each	14	Harvest Cookie	1 each	18
Pretzel, Large Whole Grain	1 each	30	Spooky Sundae (Halloween Treat)	1 each	16
Pretzel, Mini 1 oz.	1 each	14	Spring Ice Cream Cup	1 each	12
Quesadilla, BBQ Chicken (serving = 3 each)	1 each	12	St. Patrick's Day Pretzel	1 each	30
Quesadilla, Cheese/Pizza	1 each	40	St. Patrick's Day Sugar Cookie	1 each	17
Quesadilla, Chicken	1 each	38	St. Patrick's Day Dessert Lemon/Lime	1 each	19
Quesadilla, Cheese Mini (serving = 3 each)	1 each	10	Valentine Parfait	1 each	33
Roll, Whole Grain	1 each	19	Valentine Heart Shaped Cookie	1 each	17
Sausage Patty (Pork or Turkey) serving = 2	1 patty	1	Churro Bites 2" (serving = 4 each)	1 each	5.5
Soft Taco (2 servings offered)	1 shell	15	Churro, mini 1.4 oz.	1 each	23
	1.6oz	2.5	Earth Day Dessert	1 each	24
	1 oz cheese	0.5	Red White and Blue Parfait	1 each	31
	Total Meal	18	Donut Hole, Cinnamon	1 each	17
Hard Shell Taco (2 servings offered)	1 shell	14.5	Strawberry Shortcake Cookies	1 each	18
	1.6oz	2.5	Snickerdoodle Cookie	1 each	19
	1 oz cheese	0.5	Red & Green Snow (strawberry/kiwi sidekick)	1 each	22
	Total Meal	17.5			
Soybutter & Grape Jelly Sandwich	1 each	28			
Taco Salad w/chips	1 cup lettuce	2	Condiments		
	17 chips	32	BBQ Sauce	2 Tbsp	14
	3.17 oz meat	5	Gravy	1 oz.	9
	1 oz cheese	0.5	Honey Mustard	2 Tbsp	18
	Total Meal	39.5	Italian Dressing	2 Tbsp	6
Texas Toast, Apple Cinnamon	1 slice	45	Ketchup	2 Tbsp	10
Tomato Soup	1/2 cup	10.5	Lite Ranch Dressing	2 Tbsp	2
Turkey & Cheese Sub	1 sub bun	31	Marinara Sauce, RedPack	1/8 cup	3.5
	4 slice turkey	0	Pickles	1 oz.	1
	1 slice cheese	1	Salsa (verify brand)		
	Total Meal	32	Del Monte	2 Tbsp	1
Turkey & Cheese Wrap (serv. = 2 each)	4 slice turkey	0	Red Gold	2 Tbsp	2
	1 Wraps	15	Sour Cream	2 oz.	6
	1 cheese	1	Syrup	2 oz.	52
	Total Meal	32	Blueberry Dipping Sauce	2 oz.	14
Twisted Grilled Cheese (serving = 2 ea.)	1 each	19			
Walking Taco (Dorito's or Barrel O'Fun)	1 bag chip	28			
	3.17 oz meat	5			
	1 oz cheese	0.5			
	Total Meal	33.5			
Yogurt Boats based on Danimal Yogurt of 14g					
Yogurt - Danimals	1 each	14			
Yogurt - Trix	1 each	15			
Granola (served with Yogurt boat)	1 package	20			
String Cheese Stick	1 each	1	Yogurt Boat - Muffin & Granola		
Whole Grain Blueberry Muffin	1 each	30	Whole Grain Muffin	1 each	30
Whole Grain Cheddar Goldfish Crackers	1 package	14	Granola	1 package	20
			1 Yogurt	1 yogurt	14
Yogurt Boat - Goldfish & Muffin			1 String Cheese	1 cheese	1
1 Yogurt	1 yogurt	14	Total Meal	65	
1 String Cheese	1 cheese	1			
Whole Grain Blueberry Muffin	1 each	30	Yogurt Boat- Gluten Free Chex		
Whole Grain Cheddar Goldfish Crackers	1 package	14	Gluten Free Chex Cereal	1 bowl	23
	Total Meal	59	1 Yogurt	1 yogurt	14
			1 String Cheese	1 cheese	1
Yogurt Boat - Goldfish and Granola			Total Meal	38	
Whole Grain Cheddar Goldfish	1 package	14			
Granola	1 package	20			
1 Yogurt	1 yogurt	14			

1 String Cheese	1 cheese	1				
	Total Meal	49				
Updated 11/28/2018						