

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 9/5/2018

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
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
Gravy	2 oz	3g		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 cheese	1		Celery Sticks (approx. 3 or 4)	1/2 cup	2
	Total Meal	31		Corn, Steamed	1/2 cup	16
Hot Dog on a Bun	1 Bun	21		Cucumbers, Fresh	1/2 cup	1
	1 Hot Dog	1		Hummus	1/4 cup	16
	*health alert notice req'd	GF bun	20	Lettuce/Salad Greens	1 cup	2
Macaroni & Cheese Land O'Lakes	6 oz.	29		Mixed Veggies, Steamed	1/2 cup	9
Macaroni & Cheese JTM Brand	6 oz.	26		Peas, Frozen or Steamed	1/2 cup	8
Mini Cinnis	1 Package	39		Sugar Snap Peas, Fresh	1/2 cup	10
Mini Corn Dogs (serving = 6 mini corn dogs)	1 mini corn dog	5		Potatoes, Emoji (4 = Serving)	1 each	5
Mini Pancakes - Pillsbury (verify on pkg)	1 Package	38		Potatoes, Mashed (potato pearls)	1/2 cup	15
Mini Blueberry Pancakes - Eggo	1 Package	35		Potatoes, Oven Baked Fries	3 oz	21
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42		Potato Wedges, Ranch	2.9 oz	17
Mini Waffles, Pillsbury	1 Package	38		Potatoes, Hashbrown Stars (serving = 7 stars)	1 star	2.125
Mini Waffles, Eggo	1 Package	35		Potatoes, Hashbrown Patties (serving = 2 each)	1 each	15.5
Muffin, Blueberry 3.2 oz	1 each	39		Potatoes, Smiles (serving = 4 each)	1 each	5
				Potatoes, Tater Tots (serving = 8 pcs.)	1 Tot	2
Nachos Supreme	17 chips	32		Potatoes, Curly Fries	2.12 oz	15
	3.17 oz meat	5		Tomato, Cherry (serving = 4 each)	1 each	0.87
	2 oz cheese	3				
	Total Meal	40		Desserts & Special Treats		
Pasta & Meat Sauce	5.6 oz sauce	9		Apple Crisp	1/2 cup	29g
	1/2 cup pasta	48		Blueberry Cobbler	1 cup	22
	1 oz mozz	0.5		Carmel dip	1 each	20
	Total Meal	57.5		Chocolate Chip Cookie	1 each	28
Pizza Slice, Hungry Howie's Cheese/Pepp	1 slice	34		Mini Rice Krispy Treat	1 each	9
Pizza Stuffer - Gluten Free	1 each	41		Sorbet, Cherry/Blue Rasp Swirl	1 each	18
Pretzel Rod	1 each	14		Sorbet, Strawberry/Kiwi	1 each	17
Pretzel, Large Whole Grain	1 each	30		Fortune Cookie	1 each	6.25
Pretzel, Mini 1 oz.	1 each	14		Frog Spit	1 each	25
Quesadilla, BBQ Chicken (serving = 3 each)	1 each	12		1 FISH / 2 FISH Crackers	1 pkg	19
Quesadilla, Cheese/Pizza	1 each	40		Harvest Cookie	1 each	18
Quesadilla, Chicken	1 each	38		Spring Ice Cream Cup	1 each	12

Quesadilla, Cheese Mini (serving = 3 each)	1 each	10		St. Patrick's Day Pretzel	1 each	30
Roll, Whole Grain	1 each	19		St. Patrick's Day Sugar Cookie	1 each	17
Sausage Patty (Pork or Turkey) serving = 2	1 patty	1		St. Patrick's Day Dessert Lemon/Lime	1 each	19
Soft Taco (2 servings offered)	1 shell	15		Valentine Parfait	1 each	33
	1.6oz	2.5		Valentine Heart Shaped Cookie	1 each	17
	1 oz cheese	0.5		Churro Bites 2" (serving = 4 each)	1 each	5.5
	Total Meal	18		Churro, mini 1.4 oz.	1 each	23
Hard Shell Taco (2 servings offered)	1 shell	14.5		Earth Day Dessert	1 each	24
	1.6oz	2.5		Red White and Blue Parfait	1 each	31
	1 oz cheese	0.5		Donut Hole, Cinnamon	1 each	17
	Total Meal	17.5		Strawberry Shortcake Cookies	1 each	18
Soybutter & Grape Jelly Sandwich	1 each	28		Snickerdoodle Cookie	1 each	19
Taco Salad w/chips	1 cup lettuce	2		Red & Green Snow (strawberry/kiwi sidekick)	1 each	22
	17 chips	32				
	3.17 oz meat	5		Condiments		
	1 oz cheese	0.5		BBQ Sauce	2 Tbsp	14
	Total Meal	39.5		Honey Mustard	2 Tbsp	18
Texas Toast, Apple Cinnamon	1 slice	45		Italian Dressing	2 Tbsp	6
Tomato Soup	1/2 cup	10.5		Ketchup	2 Tbsp	10
Turkey & Cheese Sub	1 sub bun	31		Lite Ranch Dressing	2 Tbsp	2
	4 slice turkey	0		Marinara Sauce, RedPack	1/8 cup	3.5
	1 slice cheese	1		Pickles	1 oz.	1
	Total Meal	32		Salsa (verify brand)		
Turkey & Cheese Wrap (serv. = 2 each)	4 slice turkey	0		Del Monte	2 Tbsp	1
	1 Wraps	15		Red Gold	2 Tbsp	2
	1 cheese	1		Sour Cream	2 oz.	6
	Total Meal	32		Syrup	2 oz.	52
Twisted Grilled Cheese (serving = 2 ea.)	1 each	19		Blueberry Dipping Sauce	2 oz.	14
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				
Whole Grain Blueberry Muffin	1 each	30				
Whole Grain Cheddar Goldfish Crackers	1 package	14				
Yogurt Boat - Goldfish & Muffin				Yogurt Boat - Muffin & Granola		
1 Yogurt	1 yogurt	14		Whole Grain Muffin	1 each	30
1 String Cheese	1 cheese	1		Granola	1 package	20
Whole Grain Blueberry Muffin	1 each	30		1 Yogurt	1 yogurt	14
Whole Grain Cheddar Goldfish Crackers	1 package	14		1 String Cheese	1 cheese	1
	Total Meal	59			Total Meal	65
Yogurt Boat - Goldfish and Granola				Yogurt Boat- Gluten Free Chex		
Whole Grain Cheddar Goldfish	1 package	14		Gluten Free Chex Cereal	1 bowl	23
Granola	1 package	20		1 Yogurt	1 yogurt	14
1 Yogurt	1 yogurt	14		1 String Cheese	1 cheese	1
1 String Cheese	1 cheese	1			Total Meal	38
	Total Meal	49				

Updated 9/5/2018