

2019-2020 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

Updated 1/23/2020

MILK	Serving Size	Carbs			
Available Daily				Fruit Offerings	Serving Size Carbs
Milk, Fat Free White	1 each	11		Apple Slices, Fresh	1 pkg 7
Milk, 1% White	1 each	11		Apple, Fresh (Medium size)	1 each 18
Milk, 1% Chocolate	1 each	24		Apples, Slices canned Warmed w/cinn.	1/2 cup 12
				Applesauce, unsweetened (verify brand)	
2019-20 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 10
				Cantaloupe	1/2 cup 8
Bean and Cheese Chalupas	1 each	21		Cherries, Dried	1/4 cup 32
Beef Taco Stick	1 each	32		Clementines	1 each 9
Bisquit	1 each	22		Grapes, Fresh	1/2 cup 15
BOSCO, Cheese, Egg & Turkey Bacon (serving = 2)	1 each	17		Juice, Apple 100% Juice	1 carton 14
Breadstick, Whole Grain	1 each	14		Juice, Fruit Punch 100% Juice	1 carton 14
Breadstick, Garlic Parmesan Twisted	1 each	28		Juice, Grape 100% Juice	1 carton 19
Cheese Stick/String Cheese	1 each	1		Juice, Orange 100% Juice	1 carton 14
				Melon, Honeydew	1/2 cup 10
Cheeseburger on a Bun				Mixed Berries Cup, Frozen commodity	1/2 cup 20
Knickerbocker	1 bun	22			
Nickles	1 bun	25			
*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	25		Mission Pride	1/2 cup 17
Caesar Salad w/ Twisted breadstick	1 cup lettuce	2		Commodity	1/2 cup 15
	1 patty	16		Oranges, Mandarin canned (verify brand)	
	1 oz mozz	0.5		GFS	1/2 cup 20
	4 each cherry tomatoes	3.5		Orange, Fresh (4 wedges = 1 orange)	1 wedge 3.75
	breadstick	28		Peaches, Canned (verify brand)	
	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		Peaches, Frozen Commodity cups	1/2 cup 19
	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		Pineapple, Canned (verify brand)		
Chicken Drumstick	1 each	5		Dole	1/2 cup	15
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3.2		GFS	1/2 cup	18

Chicken Patty on a Bun	1 bun	22		Raisins	1 box	31
	1 Patty	16		Strawberries, Frozen Commodity cups	1/2 cup	21
	Total Meal	38		Strawberries, Whole Fresh	1/2 cup	10
Chicken, Popcorn Gold Kist Farms (serving = 10 pcs)	1 each	2		Strawberries&Blueberry Mix, Commodity	1/2 cup	10
Chicken Pot Pie	1 biscuit	22		Tangerine, (medium size)	1 each	13
	Pie Filling	17		Watermelon, Fresh	1/2 cup	6
	Total Meal	39		SideKick 100% juice slushie strawberry/kiwi	1 each	22
Chicken Sticks (Serving = 8 sticks)	1 stick	2				
Chicken Tenders (3 tenders = serving)	1 tender	5.3		Vegetable Offerings	Serving Size	Carb Count
Corn Dog	1 each	30		Beans, Baked canned	1/2 cup	29
Crazy Cheesy Bread	1 each	28		Beans, Black canned	1/2 cup	18
Dinner Roll	1 each	24		Beans, Garbanzo canned	1/2 cup	13
Fish Nuggets (4 nuggets = serving)	1 each	5.75		Beans, Green Steamed	1/2 cup	4
French Toast Sticks w/Cinn Glaze Sunny Fresh (3 sticks = serving)	1 stick	9.4		Beans, Refried	1/2 cup	31
Granola (served with Yogurt boat)	1 pkg	20		Black Beans and Salsa	1/2 cup	13
Grilled Cheese Sandwich	1 each	31		Broccoli, Fresh or Steamed	1/2 cup	2.5
Green Eggs & Ham	1 Egg	1		Broccoli and Califlower, Fresh	1/2 cup	2.5
	1 pkg graham	19		Califlower, Fresh	1/2 cup	2
	4 slices Ham	1		Carrots, bagged	1 bag	7
	Total Meal	21		Carrots, Fresh baby	1/2 cup	10
Hot Dog on a Bun	1 Bun	31		Carrot, Sticks (approx. 3-4)	1/2 cup	11
	1 Hot Dog	1		Carrots, Steamed	1/2 cup	6
*health alert notice req'd	GF bun	20		Celery Sticks (approx. 3 or 4)	1/2 cup	2
Macaroni & Cheese Land O'Lakes	6 oz.	29		Corn, Steamed	1/2 cup	16
Macaroni & Cheese JTM Brand	6 oz.	26		Cucumbers, Fresh	1/2 cup	1
3 cheese Spiral Pasta	6 oz.	28				
Mini Cinnis	1 Package	39		Hummus	1/4 cup	14
Mini Corn Dogs (serving = 6 mini corn dogs)	1 mini corn dog	5		Lettuce/Salad Greens	1 cup	2
Mini Pancakes - Pillsbury (verify on pkg)	1 Package	38		Mixed Veggies, Steamed	1/2 cup	9
Mini Pancakes, Vanilla - Eggo	1 Package	36		Peas, Frozen or Steamed	1/2 cup	8
Mini Blueberry Pancakes - Eggo	1 Package	35		Sugar Snap Peas, Fresh	1/2 cup	10
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42		Potatoes, Smiles (4 = Serving)	1 each	5
Mini Waffles, Pillsbury	1 Package	37		Potatoes, Mashed (potato pearls)	1/2 cup	15
Mini Waffles, Eggo	1 Package	35		Potatoes, Oven Baked Fries	3 oz	21
Muffin, Blueberry 3.2 oz	1 each	39		Potato Wedges, Ranch	2.9 oz	17
Nachos Supreme	17 chips	32		Potatoes, Hashbrown Stars (serving = 7 stars)	1 star	2.125
	3.17 oz meat	5		Potatoes, Hashbrown Patties (serving = 2 each)	1 each	15.5
	2 oz cheese	3		Potatoes, Tater Tots (serving = 8 pcs.)	1 Tot	2
	Total Meal	40		Potatoes, Curly Fries	2.25 oz	15
Pasta & Meat Sauce	5.6 oz sauce	9		Tomato, Cherry (serving = 4 each)	1 each	0.87
	1/2 cup pasta	48				
	1 oz mozz	0.5				
	Total Meal	57.5		Desserts & Special Treats		
Pizza Slice, Hungry Howie's Cheese/Pepp	1 slice	34		Apple Crisp	1/2 cup	29
Pizza Stuffer - Gluten Free	1 each	41		Blueberry Cobbler	1 cup	22
Pretzel, Mini 1 oz.	1 each	14		Carmel dip	1 each	20
Ravioli, Breaded	7 each	29				
Marinara	2 oz	6				
	Total Meal	35		Frog spit ice cream	1 each	25

Roll, Whole Grain	1 each	24		Carnival Cookie	1 each	27
Sausage Patty (Pork or Turkey) servings = 2	1 patty	1		Chocolate Chip Cookie	1 each	27
Scrambled Eggs w/Bisquit	Egg 1 cup	3		Mini Rice Krispy Treat	1 each	9
	1 biscuit	22		Sorbet, Cherry/Blue Rasp Swirl	1 each	18
	Total Meal	25		Sorbet, Strawberry/Kiwi	1 each	17
Soft Taco (2 servings offered)	1 shell	15		1 FISH / 2 FISH Crackers	1 pkg	19
	1.6oz	2.5		Harvest Cookie	1 each	18
	1 oz cheese	0.5		Spooky Sundae (Halloween Treat)	1 each	16
	Total Meal	18		Spring Ice Cream Cup	1 each	12
Soybutter & Grape Jelly Sandwich	1 each	28		St. Patrick's Day Sugar Cookie (shamrock)	1 each	17
Taco Salad w/chips	1 cup lettuce	2		Valentine Parfait	1 each	33
	17 chips	32		Valentine Heart Shaped Cookie	1 each	18
	3.17 oz meat	5		Churro Bites 2" (serving = 4 each)	1 each	5.5
	1 oz cheese	0.5		Churro, mini 1.4 oz.	1 each	23
	Total Meal	39.5		Earth Day Dessert	1 each	31
Taquito, Chicken & Cheese (2 ea=serving)	1 each	15		Emoji Cherry/Lime Ice cup	1 each	25
	Total Meal	30				
Texas Toast, Apple Cinnamon	1 slice	45		Red White and Blue Parfait	1 each	31
Tomato Soup	1/2 cup	10.5		Donut Hole, Cinnamon	1 each	17
Turkey & Cheese Sub 6 inch.	1 sub bun	23		Strawberry Shortcake Cookies	1 each	18
	4 slice turkey	0		Snickerdoodle Cookie	1 each	19
	1 slice cheese	1		Sugar Cookie	1 each	17
	Total Meal	24		Red & Green Snow (strawberry/kiwi sidekick)	1 each	22
Turkey and Gravy	4 oz	2		Sidekick Eek! For Halloween	1 each	22
Walking Taco (Dorito's)	1 bag chip	28		Smoothie - Blenderless	8 oz.	34-38
	3.17 oz meat	5		Smoothie - Shiver Shock	12 oz	38-44
	1 oz cheese	0.5				
	Total Meal	33.5		Condiments		
Yogurt Boats based on Danimal Yogurt of 14g				BBQ Sauce	2 Tbsp	15
Yogurt - Danimals	1 each	14		Gravy	1 oz.	9
Yogurt - Trix	1 each	15		Mustard	2 Tbsp	0
Granola (served with Yogurt boat)	1 package	20		Italian Dressing	2 Tbsp	6
String Cheese Stick	1 each	1		Ketchup	2 Tbsp	10
Whole Grain Blueberry Muffin	1 each	30		Lite Ranch Dressing	2 Tbsp	8
Whole Grain Cheddar Goldfish Crackers	1 package	14		Marinara Sauce, RedPack	2 oz/1/4 cup	6
				Pickles	1 oz.	1
				Salsa (verify brand)		
Yogurt Boat - Goldfish & Muffin				Del Monte	2 Tbsp	1
1 Yogurt	1 yogurt	14		Red Gold	2 Tbsp	2
1 String Cheese	1 cheese	1		Sour Cream	2 oz.	6
Whole Grain Blueberry Muffin	1 each	30		Syrup	2 oz.	52
Whole Grain Cheddar Goldfish Crackers	1 package	14		Blueberry Dipping Sauce	2 oz.	14
	Total Meal	59		Caesar Dressing	1 pkg	2
Yogurt Boat - Goldfish and Granola						
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				
				Yogurt Boat- Gluten Free Chex		
Yogurt Boat - Muffin & Granola				Gluten Free Chex Cereal	1 bowl	23
Whole Grain Muffin	1 each	30		1 Yogurt	1 yogurt	14
Granola	1 package	20		1 String Cheese	1 cheese	1
1 Yogurt	1 yogurt	14			Total Meal	38
1 String Cheese	1 cheese	1				
	Total Meal	65				