

2020-2021 Elementary Lunch Carb count

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 1/5/2021

MILK	Serving Size	Carbs		Fruit Offerings	Serving Size	Carbs
Available Daily						
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)		
2020-21 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		Zee Zee's Applesauce , watermelon, strawberry/banana, cinnamon, blue raspberry, plain	1 each	17
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
Bosco stick (cheese filled) (serving = 2)	1 each	17				
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		Mixed Fruit, Canned (verify brand)		
Nickles	1 bun	25		GFS	1/2 cup	13
Aunt Millies	1 bun	20		IPM	1/2 cup	14
*health alert notice req'd	GF bun	44		Mission Pride	1/2 cup	17
	Burger	2		Commodity	1/2 cup	15
	Cheese Slice	1		(verify brand)		
	Total Meal	25		GFS	1/2 cup	20
Caesar Salad w/ Twisted breadstick	1 cup lettuce	2		Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
	1 patty	16		Peaches, Canned (verify brand)		
	1 oz mozz	0.5		GFS Brand	1/2 cup	12
	4 each cherry tomatoes	3.5		GFS Brand	1/2 cup	14
	breadstick	28		Taste of the West	1/2 cup	15
	Dressing	2		IPM	1/2 cup	14
	Total Meal	52		Peaches, Frozen Commodity cups	1/2 cup	19
Chef Salad	1 cup lettuce	2		Pears, Diced (verify brand)		
	2 slices ham	0.5		Del Monte	1/2 cup	16
	4 slices turkey	0		IPM	1/2 cup	15
	1 breadstick	14		GFS	1/2 cup	17
	1 oz cheese	0.5		Oregon Trail	1/2 cup	16

	Total Meal	17		Royalty (individual cups)	1 each	17
Cheese Omelet w/Blueberry Muffin	1 Omelet	1		Zee Zee (individual cups)	1 each	19
	1 Muffin 2 oz.	30		Pears, Fresh (medium size)	1 each	22
	Total Meal	31		Pineapple, Canned (verify brand)		
Cheez-It Snack	1 bag	14		Dole	1/2 cup	15
Chicken Drumstick	1 each	5		GFS	1/2 cup	18
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3.2		Raisins	1 box	31
Chicken Patty on a Bun	1 bun	22		Strawberries, Frozen Commodity cups	1/2 cup	21
	1 Patty	16		Strawberries, Whole Fresh	1/2 cup	10
	Total Meal	38		Strawberries&Blueberry Mix, Commodity	1/2 cup	10
Chicken, Popcorn Gold Kist Farms (serving = 10 pcs)	1 each	2		Tangerine, (medium size)	1 each	13
Chicken Pot Pie	1 biscuit	22		Watermelon, Fresh	1/2 cup	6
	Pie Filling	17		SideKick 100% juice slushie strawberry/kiwi	1 each	22
	Total Meal	39				
Chicken Sticks (Serving = 8 sticks)	1 stick	2		Vegetable Offerings	Serving Size	Carb Count
Chicken Tenders (3 tenders = serving)	1 tender	5.3		Beans, Baked canned Busch's Veg.	1/2 cup	29
Corn Dog (Gordons choice) - chicken	1 each	30		Beans, Black canned	1/2 cup	18
Corn Dog (State Fair) - pork	1 each	33		Beans, Garbanzo canned	1/2 cup	13
Corn Dog (Foster Farms) - Turkey	1 each	27		Beans, Green Steamed	1/2 cup	4
Corn Dog (Foster Farms) - Chicken	1 each	30		Beans, Refried	1/2 cup	31
Crazy Cheesy Bread	1 each	28		Black Beans and Salsa	1/2 cup	13
Dinner Roll (aunt millie)	1 each	18		Broccoli, Fresh or Steamed	1/2 cup	2.5
Fish Nuggets (4 nuggets = serving)	1 each	5.75		Broccoli and Califlower, Fresh	1/2 cup	2.5
French Toast Sticks w/Cinn Glaze Sunny Fresh (3 sticks = serving)	1 stick	9.4		Califlower, Fresh	1/2 cup	2
Granola (served with Yogurt boat)	1 pkg	20		Carrots, bagged	1 bag	7
Grilled Cheese Sandwich	1 each	31		Carrots, Fresh baby	1/2 cup	10
Green Eggs & Ham	1 Egg	1		Carrot, Sticks (approx. 3-4)	1/2 cup	11
	1 pkg graham	19		Carrots, Steamed	1/2 cup	6
	4 slices Ham	1		Celery Sticks (approx. 3 or 4)	1/2 cup	2
	Total Meal	21				
Hot Dog on an Aunt millies Bun	1 Bun	21		Corn, Steamed	1/2 cup	16
	1 Hot Dog	1		Cucumbers, Fresh	1/2 cup	1
*health alert notice req'd	GF bun	20		Hummus	1/4 cup	14
Hot Ham and Cheese stuffed sandwich	1 each	31		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
3 cheese Spiral Pasta	6 oz.	28		Sugar Snap Peas, Fresh	1/2 cup	10
Mini Cinnis	1 Package	39		Potatoes, Smiles (4 = Serving)	1 each	5
Mini Corn Dogs (serving = 6 mini corn dogs)	1 mini corn dog	5		Potatoes, Mashed (potato pearls)	1/2 cup	15
Mini Pancakes - Pillsbury (verify on pkg)	1 Package	38		Potatoes, Oven Baked Fries	3 oz	21
Mini Pancakes, Vanilla - Eggo	1 Package	36		Potato Wedges, Ranch	2.9 oz	17
Mini Blueberry Pancakes - Eggo	1 Package	35		(serving = 7 stars)	1 star	2.125
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42		2 each)	1 each	15.5
Mini Waffles, Pillsbury	1 Package	37		Potatoes, Tater Tots (serving = 8 pcs.)	1 Tot	2
Mini Waffles, Eggo	1 Package	35		Potatoes, Curly Fries	2.25 oz	15
Muffin, Blueberry 3.2 oz	1 each	39		Tomato, Cherry (serving = 4 each)	1 each	0.87
Nachos	17 chips	32		Desserts & Special Treats		
	Individual bag of chips	28		Apple Crisp	1/2 cup	29
	2 oz cheese	3		Blueberry Cobbler	1 cup	22
	3.17 oz meat	5		Carmel dip	1 each	20

Pasta & Meat Sauce	5.6 oz sauce	9		Cotton Candy Frozen Yogurt	1 each	15
	1/2 cup pasta	48		Frog spit ice cream	1 each	25
	1 oz mozz	0.5		Carnival Cookie	1 each	27
	Total Meal	57.5		Chocolate Chip Cookie	1 each	27
Pizza, The Max pepp. Stuffed Wedge	1 slice	36g		Mini Rice Krispy Treat	1 each	9
Pizza, S&F Pepperoni	1 slice	37		Sorbet, Cherry/Blue Rasp Swirl	1 each	18
Pizza, Big Daddy's	1 slice	43		Sorbet, Strawberry/Kiwi	1 each	17
Pizza Slice, Hungry Howie's Cheese/Pepp	1 slice	34		1 FISH / 2 FISH Crackers	1 pkg	19
Pizza Stuffer - Gluten Free	1 each	41		Harvest Cookie	1 each	18
Pretzel, Mini 1 oz.	1 each	14		Spooky Sundae (Halloween Treat)	1 each	16
Ravioli, Breaded	7 each	29		Spring Ice Cream Cup	1 each	12
Marinara	2 oz	6		(shamrock)	1 each	17
	Total Meal	35		Valentine Parfait	1 each	33
Roll, Whole Grain (Aunt Millie's)	1 each	18		Valentine Heart Shaped Cookie	1 each	18
Sausage Patty (Pork or Turkey) servng = 2	1 patty	1		Churro Bites 2" (servng = 4 each)	1 each	5.5
Scrambled Eggs w/Bisquit	Egg 1 cup	3		Churro, mini 1.4 oz.	1 each	23
	1 biscuit	22		Earth Day Dessert	1 each	31
	Total Meal	25		Emoji Cherry/Lime Ice cup	1 each	25
Soft Taco (2 servings offered)	1 shell	15		Red White and Blue Parfait	1 each	31
	1.6oz	2.5		Donut Hole, Cinnamon	1 each	17
	1 oz cheese	0.5		Strawberry Shortcake Cookies	1 each	18
	Total Meal	18		Snickerdoodle Cookie	1 each	19
Soybutter & Grape Jelly Sandwich	1 each	28		Sugar Cookie	1 each	17
Taco Salad w/chips	1 cup lettuce	2		sidekick)	1 each	22
	17 chips	32		Sidekick Eek! For Halloween	1 each	22
	3.17 oz meat	5		Smoothie - Blenderless	8 oz.	34-38
	1 oz cheese	0.5		Smoothie - Shiver Shock	12 oz	38-44
	Total Meal	39.5		Condiments		
Taquitos, Chicken & Cheese (2 ea=servng)	1 each	15		BBQ Sauce	2 Tbsp	15
	Total Meal	30		Gravy	1 oz.	9
Texas Toast, Apple Cinnamon	1 slice	45		Mustard	2 Tbsp	0
Tomato Soup	1/2 cup	10.5		Italian Dressing	2 Tbsp	6
Totally Taco Pizza Snack Bites	3 pcs	30		Ketchup	2 Tbsp	10
Turkey & Cheese Sub 6 inch.	1 sub bun	31		Lite Ranch Dressing	2 Tbsp	8
	4 slice turkey	0		Marinara RedPack, indiv. Cups	2.5 oz cup	4
	1 slice cheese	1		Marinara Sauce, RedPack (can)	2 oz/1/4 cup	6
	Total Meal	24		Pickles	1 oz.	1
Turkey and Gravy	4 oz	2		Salsa (verify brand)		
Walking Taco (Dorito's)	1 bag chip	28		Del Monte	2 Tbsp	1
	3.17 oz meat	5		Red Gold	2 Tbsp	2
	1 oz cheese	0.5		Sour Cream	2 oz.	6
	Total Meal	33.5		Syrup	2 oz.	52
Yogurt Boats based on Danimal Yogurt of 14g				Blueberry Dipping Sauce	2 oz.	14
Yogurt - Danimals	1 each	14		Caesar Dressing	1 pkg	2
Yogurt - Trix	1 each	15		Yogurt Boat- Gluten Free Chex		
Granola (served with Yogurt boat)	1 package	20		Gluten Free Chex Cereal	1 bowl	23
String Cheese Stick	1 each	1		1 Yogurt	1 yogurt	14
Whole Grain Blueberry Muffin	1 each	30		1 String Cheese	1 cheese	1
				Total Meal	38	
Whole Grain Cheddar Goldfish Crackers	1 package	14				
Yogurt Boat - Goldfish & Muffin						
1 Yogurt	1 yogurt	14				
1 String Cheese	1 cheese	1				
Whole Grain Blueberry Muffin	1 each	30				
Whole Grain Cheddar Goldfish Crackers	1 package	14				
	Total Meal	59				
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 - Muffin & Granola						
Whole Grain Muffin	1 each	30				
Granola	1 package	20				
1 Yogurt	1 yogurt	14				
1 String Cheese	1 cheese	1				
	Total Meal	65				
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