

2016-2017 FARMS 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 5/8/17

MILK	Serving Size	Carbs	Fruit Offerings	Serving Size	Carb Count
<b>Available Daily</b>					
Milk, Fat Free Chocolate	1 each	24	Apple, Fresh (medium)	1 each	19
Milk, Fat Free White	1 each	13	Apples, Sliced canned	1/2 cup	12
Milk, 1% White	1 each	13	Apple Slices, Fresh	1 pkg	7
			Applesauce, unsweetened (verify brand)		
<b>2015-2016 Menu Rotations Items</b>			GFS	1/2 cup	13
	<b>Serving Size</b>	<b>Count</b>	Applesauce, Cinnamon prepackaged	1/2 cup	22
3-2-1 Lunch	3 sticks	6			
	2 nuggets	6			
	1 cheese	5	Banana, Fresh (medium sized)	1 each	27
	<b>Total Meal</b>	<b>17</b>	<b>Applesauce, Fun Flavors</b> raspberry, mix fruit, cherry, strawberry/banana, plain, cinnamon, watermelon	1 each	22
3 Cheese Calzone	1 each	33	Blueberries, fresh/frozen	1/2 cup	9
Bagel, Mini Stuffed Strawberry	1 each	41	Clementines	1 each	9
BOSCO, Apple	1 each	38	Grapes, Fresh	1/2 cup	14
BOSCO, Pizza	1 each	29	Juice, Apple 100% Juice	1 carton	13
BOSCO Sticks (serving = 2 sticks)					
Bosco Stick	1 stick	17			
Marinara Sauce	1/8 cup	3.75			
	<b>Total Meal</b>	<b>20.75</b>	Juice, Fruit Punch 100% Juice	1 carton	14
			Juice, Grape 100% Juice	1 carton	19
Breadstick	1 each	14	Juice, Orange 100% Juice	1 carton	13
Cheese Stick (string cheese)	1 each	1	Juice, Orange Carton comm.	1 carton	14
Cheeseburger			Raisins	1 box	30
Patty	1 each	2			
Bun	1 each	21			
Sliced Cheese	1 Slice	1			
	<b>Total Meal</b>	<b>24</b>	Mixed Fruit, Canned (verify brand)		
<b>Chicken Caesar Salad</b>			GFS	1/2 cup	13
lettuce	2 cup	4g	IPM	1/2 cup	14
tenders	3 pcs.	16 g	Mission Pride	1/2 cup	17
tomato	1 oz.	.75g	Oranges, Mandarin, Canned (verify brand)		
shredded cheese	1 oz.	0.5g	GFS	1/2 cup	20
parm. Cheese	1 oz.	0g	Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
crouton	1 pkg.	5g	Peaches, Canned (verify brand)		
caesar dressing	2 oz.	4g	GFS	1/2 cup	12
Breadstick	1 each	14g	IPM	1/2 cup	14
	<b>Total Meal</b>	<b>44.25</b>	Taste of the West	1/2 cup	14
Chicken Drumstick	1 drumstick	5	Pears, Diced (verify brand)		
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3	Del Monte	1/2 cup	16
Chicken Patty on a Whole Grain Bun	1 bun 1 Patty	21 16	GFS	1/2 cup	17
	<b>Total Meal</b>	<b>37</b>	IPM	1/2 cup	15
Chicken, Popcorn (serving = 10 pcs.)	1 pcs.	2	Oregon Trail	1/2 cup	16
Chicken Sticks (serving = 8 sticks)	1 stick	2	Pears, Whole Fresh (medium sized)	1 each	22
Chicken Rings (serving = 5 rings)	1 ring	3	Pineapple, Canned (verify brand)		
Chicken Tenders (serving = 3 tenders)	1 tender	5.33	Dole	1/2 cup	16
Corn Dog	1 each	30	GFS	1/2 cup	18
Crazy Cheesy Bread	1 each	30	Strawberries, Fresh Whole	1/2 cup	6
Dinner Roll	1 each	19	Strawberry & Blueberry Mix (sugar added)	1/2 cup	29
French Toast Sticks - Michaels Foods (serving = 3 sticks)	1 stick	7.33	Tangerine (medium)	1 each	13
French Toast Sticks w/Cinn Glaze Sunny Fresh (serving = 3 sticks)	1 stick	9.33	Watermelon, Fresh	1/2 cup	6
<b>Garden Salad w/Ham &amp; Turkey</b>			<b>Vegetable Offerings</b>	<b>Serving Size</b>	<b>Count</b>
lettuce	2 cup	4g	Beans, Baked	1/2 cup	30
shredded cheese	1 oz.	0.5g	Beans, Black	1/2 cup	20
turkey	4 slices	1g	Beans, Garbonzo	1/2 cup	20
ham	2 slices	0.5g	Beans, Green Steamed	1/2 cup	4
Breadstick	1 each	14g	Beans, Refried	1/2 cup	24
Dressing Italian or Ranch	*see	condiments	Broccoli, Steamed	1/2 cup	5
(does not include dressing)	<b>Total Meal</b>	<b>20</b>	Carrots, Bagged	1 bg/3 oz	8
Garlic Toast	1 each	11	Carrot Sticks (approx. 3-4)	1/2 cup	7
Granola (served with yogurt boat)	1 pkg	20	Carrots, Steamed	1/2 cup	6
Grilled Cheese Sandwich	1 each	31			
1 egg	1	1			
4 slices ham	1	1	Celery Sticks (approx. 3-4)	1/2 cup	1.5
Ham & Cheese Calzone	1 each	33	Corn	1/2 cup	16
1 bun	1	21			
1 hot dog	1	1	Cucumbers	1/2 cup	2

Little Caesars Pizza	1 Slice	31	Hummus	1/4 cup	16
Macaroni & Cheese	2/3 cup/#6	29	Lettuce/Salad Greens	1 cup	2
Marinara Sauce	1/8 cup	3.75	Mixed Veggies, Steamed	1/2 cup	9
Mash Potato Bowl	1 each	47	Peas, Frozen or Steamed	1/2 cup	8
Mini Cinnis	1 Package	40	Sugar Snap Peas	1/2 cup	10
Mini Corn Dogs (serving = 6 pcs.)	1 mini corn dog	5	Tomato, Cherry (serving = approx 4 ea)	1 each	0.75
Mini Pancakes - Pillsbury (verify package)	1 Package	41			
Mini Pancakes - Pillsbury (verify package)	1 Package	39	Potatoes, Oven Baked Fries	2.5 oz	16
Mini Twin Cheeseburgers (serving = 2)	1 Mini	16.5	Potatoes, Hashbrown Triangles (serving = 2 hashbrowns)	1 triangle	13
Mini Pillsbury Waffles (verify pkg)	1 Package	38	Potatoes, Mashed Bites, Spudsters (serving = 5 spuds)	1 spud	4.6
Mini Eggo Waffles (verify pkg)	1 Package	35	Potatoes, Mashed (potato pearls)	1/2 cup	15
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42	Potatoes, Smiles (serving = 4 smiles)	1 each	5
Muffin - Blueberry 1.6 oz	1 each	23	Potato, Tater Tots (serving = 8 pcs.)	1 tot	2
Muffin - Blueberry 3.2 oz	1 each	39	Potato, Wedges Ranch	3 oz.	17
Mini Muffin - Strawberry 1.6oz	1 each	23	Potato, Sweet Potato Tots/Puffs (serving = 10 pcs.)	1 pcs.	2.2
Nachos Supreme	15 chips,	29	Potato, Hashbrown Stars (serving = 8 stars)	1 star	2.125
	3.17 oz meat	5			
	2 oz cheese sauce	5			
	<b>Total Meal</b>	<b>39</b>	Potato, Sweet Potato Crinkles	2.11 oz	23
Pasta & Meat Sauce	5.6 oz sauce	9	Potato, Sweet Potato Fries	2 oz	20
	4 oz pasta	47			
	1 oz shredded cheese	0.5			
	<b>Total Meal</b>	<b>56.5</b>	Potato, Sweet Potato Coins (serving = 10 pcs.)	1 pcs.	1.3
Pizza Variety, Cheese	1 each	35	<b>Condiments and Special</b>		
Pizza Variety, Pepperoni	1 each	39	BBQ Sauce	2 Tbsp	14
Quesadilla, Cheese/Pizza	1 each	40	Harvest Cookie	1 cookie	18
Quesadilla, Cheese Mini (serving = 3 pcs.)	1 each	10	St. Patty's Day Cookie	1 cookie	17
Quesadilla, Chicken	1 each	38	Honey Mustard	2 Tbsp	18
Ravioli, Cheese w/ Marinara and Garlic Bread	14 pcs	30	Italian Dressing	2 Tbsp	6
	1/4 cup	7	Ketchup	2 Tbsp	10
	1 each	11	Lite Ranch Dressing	2 Tbsp	2
	<b>Total Meal</b>	<b>48</b>	Marinara Sauce	1/8 cup	3.5
Sausage Patties (Pork or Turkey) serving = 2	1 patty	1	Pickles	1 oz	1
Shrimp Poppers (serving = 20 pcs.)	1 popper	1.05	Salsa	2 Tbsp	2
Sloppy Joe on Whole Grain Bun	1 bun	21	Syrup	2 oz	52
	3.6 oz meat	10			
<b>Soft Taco (2 servings offered)</b>					
Tortilla shell 6"	1 each	15g			
Taco Meat	1.57 oz.	2.5g			
Shredded American Cheese	1 oz.	0.5g			
	<b>Total Meal</b>	<b>18</b>			
<b>Hard Shell Taco (2 servings offered)</b>					
Taco Shell	1 shell	14.5g			
Taco Meat	1.57 oz.	2.5g			
Shredded American Cheese	1 oz.	0.5g			
	<b>Total Meal</b>	<b>17.5</b>	<b>Yogurt Boat #s are based on Danimal Yogurt # of 16g</b>		
			Graham Cracker (3 sq. per package)	1 square	5.334
SoyButter & Grape Jelly Sandwich	1 each	28	Granola	1 pkg	20
Spicy Chicken Sandwich/ Whole Grain Bun	Patty	17	Yogurt - Danimals	1 each	16
<b>Taco Salad w/chips</b>			Yogurt - Trix	1 each	20
Lettuce	2 cups	4g			
Taco Meat	3.17 oz	5g	Yogurt Boat - 2 pkgs graham crackers	2 pkg	32
Shredded American Cheese	1 oz.	0.5g	1 Yogurt	1 yogurt	16
Taco Chips	15 chips	29g	1 String Cheese	1 cheese	1
	<b>Total Meal</b>	<b>38.5</b>			
Tangerine Chicken with Whole Grain Rice	1/2 cup rice	18	Yogurt Boat - 3 pkgs graham crackers	3 pkg	48
Tomato Soup	1 cup	21	1 Yogurt	1 yogurt	16
Veggie Rice	3/4 cup	27	1 String Cheese	1 cheese	1
<b>Walking Taco</b>					
Taco Meat	3.17 oz	5g	Yogurt Boat - 1 Granola pkg	1 slv	20
Nacho Chips	1 bag	26g	1 pkg graham crackers	1 pkg	16
Shredded American Cheese	1 oz.	0.5g	1 Yogurt	1 yogurt	16
	<b>Total Meal</b>	<b>31.5</b>	1 String Cheese	1 cheese	1
Pretzel Rod	1 each	14			
Pretzel Mini	1 each	14	Yogurt Boat - 1 Cinnamon Chex Gluten Free	1 bowl	23
Pretzel, Large	1 each	30	1 Yogurt	1 yogurt	16
Updated: 5/8/17			1 String Cheese	1 cheese	1