

2017-2018 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 ext. 3867

Last Updated 5/9/2018

MILK	Serving Size	Carbs	Fruit Offerings	Serving Size	Carb Count
Available Daily					
Milk, Fat Free Chocolate	1 each	20	Apple, Fresh (medium)	1 each	19
Milk, Fat Free White	1 each	11	Apples, Sliced canned	1/2 cup	12
Milk, 1% White	1 each	11	Apple Slices, Fresh	1 pkg	7
			Applesauce, unsweetened (verify brand)		
			GFS	1/2 cup	13
2017-2018 Menu Rotations Items			Applesauce, Cinnamon prepackaged	1/2 cup	22
	Serving Size	Count			
3-2-1 Lunch	3 sticks	6			
	2 nuggets	6.4			
	1 cheese	5	Banana, Fresh (medium sized)	1 each	27
	Total Meal	17.4	Applesauce, Fun Flavors raspberry, mix fruit, cherry, strawberry/banana, plain, cinnamon, watermelon	1 each	22
Apple Cinn. Texas Toast	1 Slice	45	Blueberries, fresh/frozen	1/2 cup	9
3 Cheese Calzone	1 each	33	Clementines	1 each	9
Bagel, Mini Stuffed Strawberry	1 each	41	Grapes, Fresh	1/2 cup	14
BOSCO, Apple	1 each	38	Juice, Apple 100% Juice	1 carton	13
BOSCO, Pizza	1 each	29			
BOSCO Sticks (serving = 2 sticks)					
Bosco Stick	1 stick	17			
Marinara Sauce	1/8 cup	3.75	Juice, Fruit Punch 100% Juice	1 carton	14
	Total Meal	20.75	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			
	Total Meal	24	Mixed Fruit, Canned (verify brand)		
Chicken Caesar Salad			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
	Total Meal	44.25	Taste of the West	1/2 cup	14
Chicken Drumstick	1 drumstick	5	Pears, Diced (verify brand)		
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3.2	Del Monte	1/2 cup	16
	1 bun	21			
Chicken Patty on a Whole Grain Bun	1 Patty	16	GFS	1/2 cup	17
	Total Meal	37	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 w/Cinn Glaze Sunny Fresh (serving = 3 sticks)	1 stick	9.33	Sidekick 100% slushie strawberry/kiwi	1 each	22
			Tangerine (medium)	1 each	13
Garden Salad w/Ham & Turkey			Watermelon, Fresh	1/2 cup	6
lettuce	2 cup	4g	Vegetable Offerings	Serving Size	Count
shredded cheese	1 oz.	0.5g	Beans, Baked	1/2 cup	30
turkey	3 slices	1g	Beans, Black	1/2 cup	20
ham	2 slices	0.5g	Beans, Garbanzo	1/2 cup	20
Breadstick	1 each	14g	Beans, Green Steamed	1/2 cup	4
Dressing Italian or Ranch	*see	condiments	Beans, Refried	1/2 cup	29
(does not include dressing)	Total Meal	20	Broccoli, Steamed	1/2 cup	5
Garlic Toast	1 each	11	Carrots, Bagged	1 bg/3 oz	8
Granola (served with yogurt boat)	1 pkg	20	Carrot Sticks (approx. 3-4)	1/2 cup	7
Grilled Cheese (Stuffed)	1 each	34	Carrots, Steamed	1/2 cup	6
	1 egg	1			
Green Eggs & Ham	4 slices ham	1	Celery Sticks (approx. 3-4)	1/2 cup	2
Ham & Cheese Calzone	1 each	33	Corn	1/2 cup	16
	1 Bun	29			
Ham & Cheese on Pretzel Bun	4 slices Ham	1			
	1 slice cheese	1	Cucumbers	1/2 cup	2

Hot Dog on a Whole Grain Bun	1 bun 1 hot dog	21 1	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	39	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	Potatoes, Emoji	1 each	5
Mini Pancakes - Pillsbury (verify package)	1 Package	39	Potatoes, Oven Baked Fries	3 oz.	19
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	22 chips, 3.17 oz meat 2 oz cheese sauce	41 5 5	Potato, Hashbrown Stars (serving = 8 stars)	1 star	2,125
	Total Meal	51	Potato, Sweet Potato Crinkles	2.11 oz	23
Pasta & Meat Sauce	5.6 oz sauce 4 oz pasta 1 oz shredded cheese	9 47 0.5	Potato, Sweet Potato Fries	2 oz	20
	Total Meal	56.5	Potato, Sweet Potato Coins (serving = 10 pcs.)	1 pcs.	1.3
Pizza, Domino's. Cheese or Pepperoni	1 slice	29	Potato, Oven Baked Curly Fries	2.12 oz	15
Pizza Variety, Cheese	1 each	35	Potato, Curly Fries	2.25 oz	15
Pizza Variety, Pepperoni	1 each	39	Condiments and Special Treats		
Pepperoni Pizza Bites	4 each	29	Harvest Cookie	1 cookie	18
Deep Dish Pepperoni Pizza Breadsticks	1 each	27	St. Patty's Day Cookie	1 cookie	17
Personal Deep Dish Pepperoni Pizza	1 each	38	Valentine's Cookie	1 cookie	17
Pizza Stuffer, Gluten Free	1 each	41	BBQ Sauce	2 Tbsp	14
Quesadilla, Cheese/Pizza	1 each	40	Honey Mustard	2 Tbsp	18
Quesadilla, Cheese Mini (serving = 3 pcs.)	1 each	10	Italian Dressing	2 Tbsp	6
Quesadilla, Chicken	1 each	38	Ketchup	2 Tbsp	10
Ravioli, Cheese w/ Marinara and Garlic Bread	1/4 cup	7	Lite Ranch Dressing	2 Tbsp	2
	Total Meal	48	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
Soft Taco (2 servings offered)			Syrup	2 oz	52
Tortilla shell 6"	1 each	15g	Yogurt Boats based on Danimal Yogurt of 14g		
Taco Meat	1.57 oz.	2.5g	Yogurt - Danimals	1 each	14
Shredded American Cheese	1 oz.	0.5g	Yogurt - Trix	1 each	20
	Total Meal	18	Granola (served with Yogurt boat)	1 package	20
Hard Shell Taco (2 servings offered)			String Cheese Stick	1 each	1
Taco Shell	1 shell	14.5g	Whole Grain Blueberry Muffin	1 each	30
Taco Meat	1.57 oz.	2.5g	Whole Grain Cheddar Goldfish Crackers	1 package	14
Shredded American Cheese	1 oz.	0.5g			
	Total Meal	17.5	Yogurt Boat - Goldfish & Muffin		
SoyButter & Grape Jelly Sandwich	1 each	28	1 Yogurt	1 yogurt	14
Spicy Chicken Sandwich/ Whole Grain Bun	Patty	17	1 String Cheese	1 cheese	1
Taco Salad w/chips			Whole Grain Blueberry Muffin	1 each	30
Lettuce	2 cups	4	Whole Grain Cheddar Goldfish Crackers	1 package	14
Taco Meat	3.17 oz	5		Total Meal	59
Shredded American Cheese	1 oz.	0.5			
Taco Chips	22 chips	41	Yogurt Boat - Goldfish and Granola		
	Total Meal	50.5	Whole Grain Cheddar Goldfish	1 package	14
Tangerine Chicken with Whole Grain Rice	1/2 cup rice	18	Granola	1 package	20
Tomato Soup	1 cup	21	1 Yogurt	1 yogurt	14
Veggie Rice	3/4 cup	27	1 String Cheese	1 cheese	1
Walking Taco				Total Meal	49
Taco Meat	3.17 oz	5			
Nacho Chips, Dorito's	1 bag	28	Yogurt Boat - Muffin & Granola		
Shredded American Cheese	1 oz.	0.5	Whole Grain Muffin	1 each	30
	Total Meal	33.5	Granola	1 package	20
Pretzel Rod	1 each	14	1 Yogurt	1 yogurt	14
Pretzel Mini	1 each	14	1 String Cheese	1 cheese	1
Pretzel, Large	1 each	30		Total Meal	65
			Yogurt Boat- Gluten Free Chex		
			Gluten Free Chex Cereal	1 bowl	23
			1 Yogurt	1 yogurt	14
			1 String Cheese	1 cheese	1
Updated: 5/9/2018				Total Meal	38