

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 1/29/2018

MILK	Serving Size	Carbs	Fruit Offerings	Serving Size	Carb Count
<b>Available Daily</b>					
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)		
<b>2017-2018 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	6.4			
	1 cheese	5	Banana, Fresh (medium sized)	1 each	27
	<b>Total Meal</b>	<b>17.4</b>	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
	<b>Total Meal</b>	<b>20.75</b>	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	3.2	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 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
<b>Garden Salad w/Ham &amp; Turkey</b>			Watermelon, Fresh	1/2 cup	6
lettuce	2 cup	4g	<b>Vegetable Offerings</b>	<b>Serving Size</b>	<b>Count</b>
shredded cheese	1 oz.	0.5g	Beans, Baked	1/2 cup	30
turkey	4 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)	<b>Total Meal</b>	<b>20</b>	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
Green Eggs & Ham	1 egg 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
Ham & Cheese on Pretzel Bun	1 Bun 4 slices Ham 1 slice cheese	29 1 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	15 chips, 3.17 oz meat 2 oz cheese sauce	29 5 5	Potato, Hashbrown Stars (serving = 8 stars)	1 star	2.125
	<b>Total Meal</b>	<b>39</b>	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
	<b>Total Meal</b>	<b>56.5</b>	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	<b>Condiments and Special Treats</b>		
Pizza Variety, Pepperoni	1 each	39	Harvest Cookie	1 cookie	18
Pepperoni Pizza Bites	4 each	29	St. Patty's Day Cookie	1 cookie	17
Deep Dish Pepperoni Pizza Breadsticks	1 each	27	Valentine's Cookie	1 cookie	17
Personal Deep Dish Pepperoni Pizza	1 each	38	BBQ Sauce	2 Tbsp	14
Pizza Stuffer, Gluten Free	1 each	41	Honey Mustard	2 Tbsp	18
Quesadilla, Cheese/Pizza	1 each	40	Italian Dressing	2 Tbsp	6
Quesadilla, Cheese Mini (serving = 3 pcs.)	1 each	10	Ketchup	2 Tbsp	10
Quesadilla, Chicken	1 each	38	Lite Ranch Dressing	2 Tbsp	2
Ravioli, Cheese w/ Marinara and Garlic Bread	1/4 cup	7	Marinara Sauce	1/8 cup	3.5
	<b>Total Meal</b>	<b>48</b>	Pickles	1 oz	1
Sausage Patties (Pork or Turkey) serving = 2	1 patty	1	Salsa	2 Tbsp	2
Shrimp Poppers (serving = 20 pcs.)	1 popper	1.05	Syrup	2 oz	52
<b>Soft Taco (2 servings offered)</b>			<b>Yogurt Boat #s are based on Danimal Yogurt # of 14g</b>		
Tortilla shell 6"	1 each	15g	Graham Cracker (3 sq. per package)	1 square	5.334
Taco Meat	1.57 oz.	2.5g	Granola	1 pkg	20
Shredded American Cheese	1 oz.	0.5g	Yogurt - Danimals	1 each	14
	<b>Total Meal</b>	<b>18</b>	Yogurt - Trix	1 each	20
<b>Hard Shell Taco (2 servings offered)</b>			Yogurt Boat - 2 pkgs graham crackers	2 pkg	32
Taco Shell	1 shell	14.5g	1 Yogurt	1 yogurt	14
Taco Meat	1.57 oz.	2.5g	1 String Cheese	1 cheese	1
Shredded American Cheese	1 oz.	0.5g			
	<b>Total Meal</b>	<b>17.5</b>			
SoyButter & Grape Jelly Sandwich	1 each	28	Yogurt Boat - 3 pkgs graham crackers	3 pkg	48
Spicy Chicken Sandwich/ Whole Grain Bun	Patty	17	1 Yogurt	1 yogurt	14
<b>Taco Salad w/chips</b>			1 String Cheese	1 cheese	1
Lettuce	2 cups	4			
Taco Meat	3.17 oz	5	Yogurt Boat - 1 Granola pkg	1 slv	20
Shredded American Cheese	1 oz.	0.5	1 pkg graham crackers	1 pkg	16
Taco Chips	15 chips	29	1 Yogurt	1 yogurt	14
	<b>Total Meal</b>	<b>38.5</b>	1 String Cheese	1 cheese	1
Tangerine Chicken with Whole Grain Rice	1/2 cup rice	18			
Tomato Soup	1 cup	21	Yogurt Boat - 1 Cinnamon Chex Gluten Free	1 bowl	23
Veggie Rice	3/4 cup	27	1 Yogurt	1 yogurt	14
<b>Walking Taco</b>			1 String Cheese	1 cheese	1
Taco Meat	3.17 oz	5			
Nacho Chips, Dorito's	1 bag	28			
Shredded American Cheese	1 oz.	0.5			
	<b>Total Meal</b>	<b>33.5</b>			
Pretzel Rod	1 each	14			
Pretzel Mini	1 each	14			
Pretzel, Large	1 each	30			

Updated: 1/29/2018