

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 9/12/2017

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)		
2017-2018 Menu Rotations Items			GFS	1/2 cup	13
	Serving Size	Count	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
	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
Chicken Patty on a Whole Grain Bun	1 bun 1 Patty	21 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	Tangerine (medium)	1 each	13
			Watermelon, Fresh	1/2 cup	6
Garden Salad w/Ham & Turkey			Vegetable Offerings	Serving Size	Count
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, Garbanzo	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	29
Dressing Italian or Ranch	*see	condiments			
(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	1.5
Ham & Cheese Calzone	1 each	33	Corn	1/2 cup	16
	1 bun	21			
Hot Dog on a Whole Grain Bun	1 hot dog	1	Cucumbers	1/2 cup	2

Pizza Slice (?)	1 Slice		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			
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,	29	Potato, Hashbrown Stars (serving = 8 stars)	1 star	2.125
	3.17 oz meat	5			
	2 oz cheese sauce	5			
	Total Meal	39	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			
	Total Meal	56.5	Potato, Sweet Potato Coins (serving = 10 pcs.)	1 pcs.	1.3
Pizza Variety, Cheese	1 each	35	Condiments and Special		
Pizza Variety, Pepperoni	1 each	39	BBQ Sauce	2 Tbsp	14
Pepperoni Pizza Bites	8 each	31	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	Honey Mustard	2 Tbsp	18
Pizza Stuffer, Gluten Free	1 each	41	Italian Dressing	2 Tbsp	6
Quesadilla, Cheese/Pizza	1 each	40	Ketchup	2 Tbsp	10
Quesadilla, Cheese Mini (serving = 3 pcs.)	1 each	10	Lite Ranch Dressing	2 Tbsp	2
Quesadilla, Chicken	1 each	38			
Ravioli, Cheese w/ Marinara and Garlic Bread	14 pcs	30	Marinara Sauce	1/8 cup	3.5
	1/4 cup	7			
	1 each	11			
	Total Meal	48	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
Soft Taco (2 servings offered)					
Tortilla shell 6"	1 each	15g			
Taco Meat	1.57 oz.	2.5g	Yogurt Boat #s are based on Danimal Yogurt # of 14g		
Shredded American Cheese	1 oz.	0.5g	Graham Cracker (3 sq. per package)	1 square	5.334
	Total Meal	18	Granola	1 pkg	20
Hard Shell Taco (2 servings offered)					
Taco Shell	1 shell	14.5g	Yogurt - Danimals	1 each	14
Taco Meat	1.57 oz.	2.5g	Yogurt - Trix	1 each	20
Shredded American Cheese	1 oz.	0.5g	Yogurt Boat - 2 pkgs graham crackers	2 pkg	32
	Total Meal	17.5	1 Yogurt	1 yogurt	14
SoyButter & Grape Jelly Sandwich	1 each	28	1 String Cheese	1 cheese	1
Spicy Chicken Sandwich/ Whole Grain Bun	Patty	17			
Taco Salad w/chips					
Lettuce	2 cups	4	Yogurt Boat - 3 pkgs graham crackers	3 pkg	48
Taco Meat	3.17 oz	5	1 Yogurt	1 yogurt	14
Shredded American Cheese	1 oz.	0.5	1 String Cheese	1 cheese	1
Taco Chips	15 chips	29	Yogurt Boat - 1 Granola pkg	1 slv	20
	Total Meal	38.5	1 pkg graham crackers	1 pkg	16
Tangerine Chicken with Whole Grain Rice	1/2 cup rice	18	1 Yogurt	1 yogurt	14
Tomato Soup	1 cup	21	1 String Cheese	1 cheese	1
Veggie Rice	3/4 cup	27			
Walking Taco					
Taco Meat	3.17 oz	5	Yogurt Boat - 1 Cinnamon Chex Gluten Free	1 bowl	23
Nacho Chips	1 bag	27	1 Yogurt	1 yogurt	14
Shredded American Cheese	1 oz.	0.5	1 String Cheese	1 cheese	1
	Total Meal	32.5			
Pretzel Rod	1 each	14			
Pretzel Mini	1 each	14			
Pretzel, Large	1 each	30			

Updated: 9/12/2017