

## 2018-2019 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 10/3/18

<b>MILK</b>	<b>Serving Size</b>	<b>Carbs</b>	<b>Fruit Offerings</b>	<b>Serving Size</b>	<b>Carb Count</b>
<b>Available Daily</b>					
Milk, Fat Free Chocolate	1 each	23	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
Milk, 1% Chocolate	1 each	24	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	Banana, Fresh (medium sized)	1 each	27
	2 nuggets	6.4			
	1 cheese	5			
	<b>Total Meal</b>	<b>17.4</b>	<b>Applesauce, Fun Flavors</b> 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
Beef Fiestada Pizza	1 each	43			
BOSCO, Apple	1 each	38	Juice, Apple 100% Juice	1 carton	13
BOSCO, Cheese, Egg & Turkey Bacon (serving = 2 sticks)	1 each	17	Juice, Fruit Punch 100% Juice	1 carton	14
BOSCO, Pizza	1 each	29	Juice, Grape 100% Juice	1 carton	19
BOSCO Sticks (serving = 2 sticks)			Juice, Orange 100% Juice	1 carton	14
Bosco Stick	1 stick	17	Juice, Orange Carton comm.	1 carton	14
Marinara Sauce	1/8 cup	3.75			
	<b>Total Meal</b>	<b>20.75</b>	<b>Mixed Fruit, Canned (verify brand)</b>		
Breadstick	1 each	14	GFS	1/2 cup	13
Breadstick, Garlic Parmesan Twisted	1 each	28	IPM	1/2 cup	14
Cheese Stick (string cheese)	1 each	1	Mission Pride	1/2 cup	17
Cheeseburger			<b>Oranges, Mandarin, Canned (verify brand)</b>		
Burger	1 each	2	GFS	1/2 cup	20
Bun	1 each	21	Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
*GF Bun (available w/health alert)	1 each	44	<b>Peaches, Canned (verify brand)</b>		
Sliced Cheese	1 Slice	1	GFS	1/2 cup	12
	<b>Total Meal</b>	<b>24</b>	IPM	1/2 cup	14
<b>Chicken Caesar Salad</b>			Taste of the West	1/2 cup	14
lettuce	2 cup	4g	<b>Pears, Diced (verify brand)</b>		
tenders	3 pcs.	16 g	Del Monte	1/2 cup	16
tomato	1 oz.	.75g	GFS	1/2 cup	17
shredded cheese	1 oz.	0.5g	IPM	1/2 cup	15
parm. Cheese	1 oz.	0g	Oregon Trail	1/2 cup	16
crouton	1 pkg.	5g			
caesar dressing	2 oz.	4g	Pears, Whole Fresh (medium sized)	1 each	22
Twisted Breadstick	1 each	28g	Pineapple, Canned (verify brand)		
	<b>Total Meal</b>	<b>58.25</b>	Dole	1/2 cup	16
Chicken Drumstick	1 drumstick	5	GFS	1/2 cup	18
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3.2	Raisins	1 box	31

Chicken Patty on a Whole Grain Bun (health alert required)	1 bun 1 Patty *GF Bun	21 16 44			
	<b>Total Meal</b>	<b>37</b>	Strawberrys, Fresh Whole	1/2 cup	6
Chicken, Popcorn (serving = 10 pcs.)	1 pcs.	2	Strawberry & Blueberry Mix (sugar added)	1/2 cup	29
Chicken Sticks (serving = 8 sticks)	1 stick	2	Sidekick 100% slushie strawberry/kiwi	1 each	22
Chicken Rings (serving = 5 rings)	1 ring	3	Tangerine (medium)	1 each	13
Chicken Tenders (serving = 3 tenders)	1 tender	5.33	Watermelon, Fresh	1/2 cup	6
Corn Dog	1 each	30			
			<b>Vegetable Offerings</b>	<b>Serving Size</b>	<b>Count</b>
Crazy Cheesy Bread	1 each	30	Beans, Baked	1/2 cup	29
Dinner Roll	1 each	19	Beans, Black	1/2 cup	20
French Toast Sticks w/Cinn Glaze Sunny Fresh (serving = 3 sticks)	1 stick	9.33	Beans, Garbonzo	1/2 cup	20
			Beans, Green Steamed	1/2 cup	4
<b>Garden Salad w/Ham &amp; Turkey</b>			Beans, Refried	1/2 cup	31
			Broccoli, Steamed	1/2 cup	2.5
lettuce	2 cup	4g	Carrots, Bagged	1 bg/3 oz	7
shredded cheese	1 oz.	0.5g	Carrot Sticks (approx. 3-4)	1/2 cup	11
turkey	4 slices	0g	Carrots, Steamed	1/2 cup	6
ham	2 slices	0.5g	Celery Sticks (approx. 3-4)	1/2 cup	2
Breadstick	1 each	14g	Corn, Steamed	1/2 cup	16
Dressing Italian or Ranch	*see	condiments	Cucumbers, Fresh	1/2 cup	2
(does not include dressing)	<b>Total Meal</b>	<b>19</b>	Hummus	1/4 cup	16
Garlic Toast	1 each	11	Lettuce/Salad Greens	1 cup	2
Granola (served with yogurt boat)	1 pkg	20	Mixed Veggies, Steamed	1/2 cup	9
Gravy	1 oz.	3			
Grilled Cheese (Stuffed)	1 each	34	Peas, Frozen or Steamed	1/2 cup	8
Green Eggs & Ham	1 egg 4 slices ham	1 1	Sugar Snap Peas	1/2 cup	10
Ham & Cheese Calzone	1 each	33	Tomato, Cherry (serving = approx 4 ea)	1 each	0.87
Ham & Cheese on Pretzel Bun	1 Bun 4 slices Ham 1 slice cheese	29 1 1			
Hot Dog on a Whole Grain Bun (health alert required)	1 bun 1 hot dog *GF bun	21 1 20	Potatoes, Emoji (serving = 4 smiles)	1 each	5
Macaroni & Cheese Land O'Lakes	2/3 cup/#6	29	Potato, Tater Tots (serving = 8 pcs.)	1 tot	2
Macaroni & Cheese JTM Brand	6 oz.	26	Potato, Curly Fries	4 oz.	28
Marinara Sauce	1/8 cup	3.75	Potatoes, Oven Baked Fries	3 oz.	21
Mash Potato Bowl	1 each	42	Potatoes, Mashed (potato pearls)	1/2 cup	15
Mini Cinnis	1 Package	39	Potato, Wedges Ranch	3 oz.	17
Mini Corn Dogs (serving = 6 pcs.)	1 mini corn dog	5	Potato, Hashbrown Patty (serving = 2 each)	1 each	15.5
Mini Pancakes - Pillsbury (verify package)	1 Package	38	Potato, Hashbrown Stars (7 = serving)	1 star	2.125
Mini Twin Cheeseburgers (serving = 2)	1 Mini	16.5			
Mini Pillsbury Waffles (verify pkg)	1 Package	38	<b>Special Treats</b>		
Mini Eggo Waffles (verify pkg)	1 Package	35	Churro Bites (serving = 4)	1 each	5.5
Mini Blueberry Pancakes - Aunt Jemima	1 Package	42	Churro, Mini 1.4 oz.	1 each	23
Muffin - Blueberry 1.6 oz	1 each	23	Earth Day Dessert	1 each	24
Muffin - Blueberry 3.2 oz	1 each	39	Harvest Cookie	1 cookie	18
Mini Muffin - Strawberry 1.6oz	1 each	23	St. Patty's Day Cookie	1 cookie	17
			Valentine's Cookie	1 cookie	17
Nachos Supreme	22 chips, 3.17 oz meat 2 oz cheese sauce	41 5 3	Strawberry Shortcake Cookies	1 cookie	18

	<b>Total Meal</b>	<b>49</b>	Snickerdoodle Cookie	1 cookie	19	
Pasta & Meat Sauce	5.6 oz sauce 4 oz pasta 1 oz shredded cheese	9 48 0.5	<b>Condiments</b>			
	<b>Total Meal</b>	<b>57.5</b>		BBQ Sauce	2 Tbsp	14
Pizza, Hungry Howie's	1 slice	34		Honey Mustard	2 Tbsp	18
Pizza Variety, Cheese	1 each	35		Italian Dressing	2 Tbsp	6
Pizza Variety, Pepperoni	1 each	39		Ketchup	2 Tbsp	10
Pepperoni Pizza Bites	4 each	29		Lite Ranch Dressing	2 Tbsp	2
Deep Dish Pepperoni Pizza Breadsticks	1 each	27		Marinara Sauce	1/8 cup	3.5
Personal Deep Dish Pepperoni Pizza	1 each	38		Pickles	1 oz	1
Pizza Stuffer, Gluten Free	1 each	41		Salsa - Red Gold	2 Tbsp	2
Quesadilla, BBQ Chicken (serving = 3 each)	1 each	12		Syrup	2 oz	52
Quesadilla, Cheese/Pizza	1 each	40	Sour Cream	2 oz.	6	
Quesadilla, Cheese Mini (serving = 3 pcs.)	1 each	10				
Quesadilla, Chicken	1 each	38				
Ravioli, Cheese w/ Marinara and Garlic Bread	1/4 cup	7	<b>Yogurt Boats based on Danimal Yogurt of 14g</b>			
	<b>Total Meal</b>	<b>48</b>	Yogurt - Danimals	1 each	14	
Sausage Patties (Pork or Turkey) serving = 2	1 patty	1	Yogurt - Trix	1 each	15	
Shrimp Poppers (serving = 20 pcs.)	1 popper	1.05	Granola (served with Yogurt boat)	1 package	20	
<b>Soft Taco (2 servings offered)</b>			String Cheese Stick	1 each	1	
Tortilla shell 6"	1 each	15g	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				
	<b>Total Meal</b>	<b>18</b>	Yogurt Boat - Goldfish & Muffin			
<b>Hard Shell Taco (2 servings offered)</b>				1 Yogurt	1 yogurt	
Taco Shell	1 shell	14.5g		1 String Cheese	1 cheese	
Taco Meat	1.57 oz.	2.5g		Whole Grain Blueberry Muffin	1 each	
Shredded American Cheese	1 oz.	0.5g	Whole Grain Cheddar Goldfish Crackers	1 package	14	
	<b>Total Meal</b>	<b>17.5</b>		<b>Total Meal</b>	<b>59</b>	
SoyButter & Grape Jelly Sandwich	1 each	28				
Spicy Chicken Sandwich/ Whole Grain Bun	Patty	17	Yogurt Boat - Goldfish and Granola			
<b>Taco Salad w/chips</b>			Whole Grain Cheddar Goldfish	1 package	14	
Lettuce	2 cups	4	Granola	1 package	20	
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	22 chips	41		<b>Total Meal</b>	<b>49</b>	
	<b>Total Meal</b>	<b>50.5</b>				
Tangerine Chicken with Whole Grain Rice	1/2 cup rice	18	Yogurt Boat - Muffin & Granola			
Tomato Soup	1 cup	21	Whole Grain Muffin	1 each	30	
Twisted Grilled Cheese (serving = 2 each)	1 each	19	Granola	1 package	20	
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		<b>Total Meal</b>	<b>65</b>	
Nacho Chips, Dorito's	1 bag	28				
Shredded American Cheese	1 oz.	0.5	Yogurt Boat- Gluten Free Chex			
	<b>Total Meal</b>	<b>33.5</b>	Gluten Free Chex Cereal	1 bowl	23	
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		<b>Total Meal</b>	<b>38</b>	
<b>Updated: 10/3/18</b>						