

2020-2021 FARMS Lunch Carb sheet

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

Updated 1/23/2020

MILK	Serving Size	Carbs	Fruit Offerings	Serving Size	Carb Count
Available Daily					
Milk, Fat Free Chocolate	1 each	23	Apple, Fresh (medium)	1 each	18
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)		
2020-2021 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	10
			Cantaloupe	1/2 cup	8
			Cherries, Dried	1/4 cup	32
Bacon Egg Breakfast Pizza	1 each	25	Clementines	1 each	9
Bean and Cheese Tostada Bowl	1 each	21	Grapes, Fresh	1/2 cup	15
			Juice, Apple 100% Juice	1 carton	14
BOSCO, Apple	1 each	38	Juice, Fruit Punch 100% Juice	1 carton	14
BOSCO, Cheese, Egg & Turkey Bacon (serving = 2 sticks)	1 each	17	Juice, Grape 100% Juice	1 carton	19
BOSCO, Pizza	1 each	29	Juice, Orange 100% Juice	1 carton	14
BOSCO Sticks (serving = 2 sticks)			Juice, Orange Carton comm.	1 carton	14
Bosco Stick	1 stick	17	Mix Berries, Frozen Commodity cups	1 each	20
Marinara Sauce	1/8 cup	3	Melon, Honeydew	1/2 cup	10
	Total Meal	20	Mixed Fruit, Canned (verify brand)		
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			Oranges, Mandarin, Canned (verify brand)		
Burger	1 each	2	GFS	1/2 cup	20
Bun	1 each	22	Orange, Fresh (4 wedges = 1 orange)	1 wedge	3.75
*GF Bun (available w/health alert)	1 each	44	Peaches, Canned (verify brand)		
Sliced Cheese	1 Slice	1	GFS	1/2 cup	12
	Total Meal	25	IPM	1/2 cup	14
Chicken Caesar Salad			Taste of the West	1/2 cup	14
			Peaches, Frozen Commodity cups	1 each	19
lettuce	2 cup	4g	Pears, Diced (verify brand)		
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			
	Total Meal	58.25			

Chicken Pot Pie	1 biscuit	22	Pineapple, Canned (verify brand)		
	Pie Filling	17	Dole	1/2 cup	15
	Total Meal	39g	GFS	1/2 cup	18
Chicken Drumstick	1 drumstick	5			
Chicken Nuggets (serving = 5 nuggets)	1 nugget	3.2	Raisins	1 box	31
			Strawberries, Frozen Commodity cups	1 each	21
Chicken Patty on a Whole Grain Bun *(health alert required)	1 bun 1 Patty *GF Bun	22 16 44	Strawberrys, Fresh Whole	1/2 cup	10
	Total Meal	38	Strawberry & Blueberry Mix/ bags	1/2 cup	10
Chicken, Popcorn (serving = 10 pcs.)	1 pcs.	2	Sidekick 100% slushie strawberry/kiwi	1 each	22
Chicken Sticks (serving = 8 sticks)	1 stick	2	Tangerine (medium)	1 each	13
Chicken Rings (serving = 5 rings)	1 ring	3	Watermelon, Fresh	1/2 cup	6
Chicken Tenders (serving = 3 tenders)	1 tender	5.33			
Chili Cheese Max Wrap	1 each	37			
Corn Dog	1 each	30	Vegetable Offerings	Serving Size	Count
Crazy Cheesy Bread	1 each	28	Beans, Baked	1/2 cup	29
Dinner Roll	1 each	24	Beans, Black	1/2 cup	18
Fish Nuggets (serving = 4 nuggets)	1 each	5.75	Beans, Garbonzo	1/2 cup	13
	Total Meal	23	Beans, Green Steamed	1/2 cup	4
French Toast Sticks w/Cinn Glaze Sunny Fresh (serving = 3 sticks)	1 stick	9.4	Beans, Refried	1/2 cup	31
Garden Salad w/grilled chicken			Black Beans and Salsa	1/2 cup	13
lettuce	2 cup	4g	Broccoli, Steamed	1/2 cup	2.5
shredded cheese	1 oz.	0.5g	Cauliflower, Fresh	1/2 cup	2
grilled chicken	1 each	1g	Carrots, Bagged	1 bg/3 oz	7
			Carrot Sticks (approx. 3-4)	1/2 cup	11
Breadstick	1 each	14g	Carrots, Steamed	1/2 cup	6
Dressing Italian or Ranch	*see	condiments	Celery Sticks (approx. 3-4)	1/2 cup	2
(does not include dressing)	Total Meal	19	Corn, Steamed	1/2 cup	16
			Cucumbers, Fresh	1/2 cup	2
Garlic Toast	1 each	11	Hummus	1/4 cup	14
Granola (served with yogurt boat)	1 pkg	20	Lettuce/Salad Greens	1 cup	2
Gravy	1 oz.	9	Mixed Veggies, Steamed	1/2 cup	9
Grilled Cheese Sandwich	1 each	31	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 Sub Bun	1 Bun 4 slices Ham 1 slice cheese	23 1 1			
Hot Dog on a Whole Grain Bun (health alert required)	1 bun 1 hot dog *GF bun	31 1 20	Potatoes, Emoji (serving = 4 smiles)	1 each	5
3 Cheese Spiral Pasta	6 oz, #6	28			
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
Meatball Sub					
Meatballs	4 each	5g			
Sauce for meatballs	2oz	6g			
Sub Bun 6"	1 each	27g			
Shredded mozzarella cheese	1 oz.	.5g			
Goldfish Crackers	1 Package	14g			
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	Special Treats		
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
Mini Vanilla Pancakes - Eggo	1 Package	36	Earth Day Dessert	1 each	24
Muffin - Blueberry 1.6 oz	1 each	23	Harvest Cookie	1 cookie	18
Muffin - Blueberry 3.2 oz	1 each	39	St. Patty's Day Cookie	1 cookie	17
			SideKick Eeek - Halloween Treat	1 each	22
Mini Muffin - Strawberry 1.6oz	1 each	23	Valentine's Cookie	1 cookie	17
	22 chips,	41			
	3.17 oz meat	5			
Nachos Supreme	2 oz cheese	3	Strawberry Shortcake Cookies	1 cookie	18
	sauce				
	Total Meal	49	Snickerdoodle Cookie	1 cookie	19
	5.6 oz sauce	9			
	4 oz pasta	48	Condiments		
Pasta & Meat Sauce	1 oz shredded cheese	0.5			
	Total Meal	57.5	BBQ Sauce	2 Tbsp	15
			Caesar Dressing	1 Pkg	2
Pizza, Hungry Howie's	1 slice	34	Honey Mustard	2 Tbsp	18
Pizza Variety, Cheese	1 each	35			
			Mustard	2 Tbsp	0
Pizza Variety, Pepperoni	1 each	39	Italilan Dressing	2 Tbsp	6
Pepperoni Pizza Bites	4 each	29	Ketchup	2 Tbsp	10
Deep Dish Pepperoni Pizza Breadsticks	1 each	27	Lite Ranch Dressing	2 Tbsp	8
Personal Deep Dish Pepperoni Pizza, Tony's	1 each	31	Marinara Sauce	1/8 cup	3
Pizza Stuffer, Gluten Free	1 each	41			
Pizza, Big Daddy's Pepperoni	1 slice	43	Marinara Sauce	2 oz.	6
			Pickles	1 oz	1
Quesadilla, BBQ Chicken (serving = 3 each)	1 each	12	Salsa - Red Gold	2 Tbsp	2
Quesadilla, Cheese/Pizza	1 each	40	Syrup	2 oz	52
Quesadilla, Cheese Mini (serving = 3 pcs.)	1 each	10			
			Sour Cream	2 oz.	6
Quesadilla, Chicken	1 each	38			
	14 pcs	30			
	1/4 cup	7	Yogurt Boats based on Danimal Yogurt of 14g		
Ravioli, Cheese w/ Marinana and Garlic Bread	1 each	11	Yogurt - Danimals	1 each	14
	Total Meal	48			
			Yogurt - Trix	1 each	15
Ravioli, Breaded w/Marinana	7 each	29			
Sausage Patties (Pork or Turkey) serving = 2	1 patty	1	Granola (served with Yogurt boat)	1 package	20
	1 cup Egg, 1	25	String Cheese Stick	1 each	1
Scrambled Eggs & Biscuit	bisquit		Whole Grain Blueberry Muffin	1 each	30
Shrimp Poppers (serving = 20 pcs.)	1 popper	1.05	Whole Grain Cheddar Goldfish Crackers	1 package	14
Soft Taco (2 servings offered)					
Tortilla shell 6"	1 each	15g	Yogurt Boat - Goldfish & Muffin		
Taco Meat	1.57 oz.	2.5g	1 Yogurt	1 yogurt	14
Shredded American Cheese	1 oz.	0.5g	1 String Cheese	1 cheese	1
	Total Meal	18			
Hard Shell Taco (2 servings offered)					
			Whole Grain Blueberry Muffin	1 each	30
Taco Shell	1 shell	14.5g	Whole Grain Cheddar Goldfish Crackers	1 package	14
Taco Meat	1.57 oz.	2.5g			
Shredded American Cheese	1 oz.	0.5g	Total Meal	59	
	Total Meal	17.5			

SoyButter & Grape Jelly Sandwich	1 each	28	Yogurt Boat - Goldfish and Granola		
Spicy Chicken Sandwich/ Whole Grain Bun	Patty	17	Whole Grain Cheddar Goldfish	1 package	14
Taco Salad w/chips			Granola	1 package	20
Lettuce	2 cups	4	1 Yogurt	1 yogurt	14
Taco Meat	3.17 oz	5	1 String Cheese	1 cheese	1
Shredded American Cheese	1 oz.	0.5		Total Meal	49
Taco Chips	22 chips	41			
	Total Meal	50.5	Yogurt Boat - Muffin & Granola		
Taquito, Chicken & Cheese (2 = serving)	1 each	15g			
	Total Meal	30g			
Tangerine Chicken with Whole Grain Rice	1/2 cup rice	18	Whole Grain Muffin	1 each	30
Tomato Soup	1 cup	21	Granola	1 package	20
Turkey and Gravy	4 oz.	2			
Twisted Grilled Cheese (serving = 2 each)	1 each	19	1 Yogurt	1 yogurt	14
Veggie Rice	3/4 cup	27	1 String Cheese	1 cheese	1
Walking Taco				Total Meal	65
Taco Meat	3.17 oz	5			
Nacho Chips, Dorito's	1 bag	28	Yogurt Boat- Gluten Free Chex		
Shredded American Cheese	1 oz.	0.5	Gluten Free Chex Cereal	1 bowl	23
	Total Meal	33.5	1 Yogurt	1 yogurt	14
Pretzel Mini	1 each	14	1 String Cheese	1 cheese	1
Pretzel, Large	1 each	30		Total Meal	38
Updated 8/18/2020					