

## 2016-2017 - Ore Creek

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.

Last Updated 5/8/17

Available Daily	Serving Size	Carbs
Milk, Fat Free Chocolate	1 each	24
Milk, Fat Free White	1 each	13
Milk, 1% White	1 each	13

Weekly Offerings: SALADS (choice of breadstick or roll daily) *chips w/taco salad only	Serving Size	Carbs
Chicken Caesar Salad w/o bread	1 Salad	29.75
Plain Caesar Salad w/o bread	1 salad	13.75
Taco Salad w/o Tortilla chips	1 each	9
Crispy Chicken Salad w/o bread	1 each	29.75
Crispy Popcorn Chicken Salad w/o bread	1 each	33.75
Grilled Chicken Salad w/o bread	1 each	14.75
Buffalo Chicken Salad w/o bread	1 each	30.75
Turkey & Ham Garden Salad w/o bread	1 each	5.5
Breadstick	1 each	22
Tea Roll	1 each	14
Tortilla Chips (serving = 15 chips)	1 chip	1.9
Dinner Roll	1 each	19

2016-2017 Daily Specials	Serving Size	Carbs
Bagel, Blueberry Breakfast	1 bagel	58
Bagel, Plain Breakfast	1 bagel	56
Bagel, Everything	1 bagel	54
Blueberry Parfait	1 each	66.5
Bosco Sticks (see marinara below) serving = 2 sticks	1 stick	17
Bosco, Pizza Sticks	1 stick	29
Bosco, Apple	1 bosco	38
Calzone 3-Cheese	1 calzone	33
	1 bun	29
	1 Burger	0
	Cheese	1
Cheeseburger, on a Whole Grain Bun		
Cheese Stick (string cheese)	1 each	1
Chicken Ranch Wrap	1 wrap	46.5
Chicken Drumstick	1 drumstick	5
	1 Bun	29
	1 Patty	16
Chicken Patty on a Whole Grain Bun		
Popcorn Chicken (serving = 10pcs.)	1 pcs.	2
Chicken Tenders (serving = 3 tenders)	1 tender	5.33
Spicy Chicken Tenders Serving = 3 pcs.	1 tender	5.66
Spicy Chicken Patty, on a Whole grain bun	1 Bun	29
	1 Patty	17
Corn Dog	1 each	30
Crazy Cheesy Bread	1 each	30
Crispy Chicken Ranch Wrap	1 wrap	31
Egg Roll, Chicken	1 each	20
(serving = 3 sticks)	1 stick	9.4
Garlic Toast	1 toast	11
General Tso Chicken (see Rice)	3 oz	8

Fruit Offerings	Serving Size	Carbs
Apple, Fresh (medium)	1 each	19
Apple Slices, Fresh	1 pkg.	7
Apple Slices, Canned	1/2 cup	12
Applesauce, unsweetened (verify brand)		
	GFS	1/2 cup
		13
Applesauce, Cinnamon prepackaged	1/2 cup	22
Applesauce, Fun Flavors raspberry, mix fruit, cherry, strawberry/banana, plain, cinnamon, watermelon	1 each	22
Banana, Fresh	1 each	27
Blueberries, Fresh/Frozen	1/2 cup	9
Clementines	1 each	9
Grapes, Fresh	1/2 cup	14
Juice, Apple 100% Juice	1 carton	13
Juice, Fruit Punch 100% Juice	1 carton	14
Juice, Grape 100% Juice	1 carton	19
Juice, Orange 100% Juice	1 carton	13
Juice, Orange carton commodity	1 carton	14
Raisins	1 box	30
Mixed Fruit, Canned (verify brand)		
	GFS	1/2 cup
		13
	IPM	1/2 cup
		14
	Mission Pride	1/2 cup
		17
Oranges, Mandarin	1/2 cup	20
Oranges, sliced (4 wedges)	1 each	15
Peaches, Canned (verify brand)		
	GFS	1/2 cup
		12
	IPM	1/2 cup
		14
	Taste of the West	1/2 cup
		14
Pears, Diced (verify brand)		
	Del Monte	1/2 cup
		16
	GFS	1/2 cup
		17
	IPM	1/2 cup
		15
	Oregon Trail	1/2 cup
		16
Pear, Whole (medium)	1 each	22
Pineapple, Canned (verify brand)		
	Dole	1/2 cup
		16
	GFS	1/2 cup
		18
Strawberries, Fresh Whole	1/2 cup	6
Strawberry/Blueberry Mix (sugar added)	1/2 cup	29
Tangerine (medium)	1 each	13
Watermelon, Fresh	1/2 cup	6

Grill Cheese	1 each	31
Hamburger Patty	1 Patty	0
Ham & Cheese Calzone	1 calzone	33
Ham & Swiss Sub	1 sub	33
Hot Dog , Bun	1 bun	21
Hot Dog	1 each	1
Italian Wrap	1 wrap	22.5
Italian Sub, Baked	1 sub	33.5
Little Caesars Pizza	1 Slice	31
Macaroni & Cheese	6 oz.	29
Marinara Sauce	1/4 cup	7.5
Mashed Potato Bowl	1 each	47
Mini Stuffed Bagels, strawberry	1 bagel	41
Mini Blueberry Pancakes -Aunt Jemima	1 pkg.	42
Mini Cinnis	1 each	40
Mini Corn Dogs (serving = 6 pcs.)	1 pcs.	5
Mini Pancakes -Pillsbury (verify)	1 pkg.	39
Mini Twin Burgers (serving = 2 minis)	1 mini	16.5
Nachos Supreme	15 chips 3.17 oz. meat 2 oz. cheese sauce	29g chips 5g meat 5g cheese
	<b>Total Meal</b>	<b>39</b>
Orange Chicken (see rice)	3.9 oz	25
Pasta & Meat Sauce	4 oz Pasta 5.6 oz meat	47g 9g
Pasta and Meatballs	4 oz. Pasta 4 meatballs	47g 5g
Pepperoni Stuffed Sandwich	1 each	32
Pizza Variety, Cheese 16"	1 each	35
Pizza Variety, Pepperoni 16"	1 each	39
Pizza Variety, 7" ala carte	1 each	61
Pretzel, Whole Grain	1 each	30
Quesadilla, Cheese Pizza	1 each	40
Quesadilla, Chicken	1 each	38
Quesadilla, Cheese Mini (serving = 3)	1 mini	10
Ravioli, Cheese (serving = 14 pcs.)	14 pcs. 1/4 cup sauce 1 toast	30 7 11
Rice, Brown	1/2 cup	18
Sausage Patties (Pork or Turkey) (Serving = 2 patties)	1 patty	1
Soft Taco 6" Shells (serving =2 tacos)	1 taco	17.5
Sweet & Sour Shrimp Poppers	2 tbsp sauce	14
Shrimp Poppers (serving = 20 poppers)	1 popper	1,05
Sweet & Sour Chicken (see rice)	2 tbsp sauce	14
Popcorn Chicken (serving = 10pcs.)	1 pcs.	2
Totally Taco (serving = 3 triangles)	1 triangle	10
Tomato Soup	1 cup	21
Turkey & Cheese Wrap	1 wrap	21.5
Turkey & Cheese Sub	1 sub	32.5
Veggie Rice	3/4 cup	27

Vegetable Offerings	Serving Size	Carbs
Beans, Baked	1/2 cup	30
Beans, Black	1/2 cup	20
Beans, Garbonzo	1/2 cup	20
Beans, Green Steamed	1/2 cup	4
Beans, Refried	1/2 cup	24
Broccoli, Fresh or Steamed	1/2 cup	5
Broccoli & Califlower	1/2 cup	5
Carrot Sticks (approx. 3-4)	1/2 cup	7
Carrots, Fresh baby	1/2 cup	8
Carrots, bagged	1 pkg.	8
Carrots, Steamed	1/2 cup	6
Corn, Steamed	1/2 cup	16
Cucumbers	1/2 cup	2
Hummus	1/4 cup	16
Peas, Frozen or Steamed	1/2 cup	8
Potatoes, Hashbrown Triangles (serving = 2 each)	1 triangle	14.5
Potatoes, Smiles (serving = 4 pcs.)	1 smile	5
Potatoes, Sweet Potato Fries	2 oz	15
Potatoes, Tater Tots (serving = 8 pcs.)	1 tot	2.25
Potato, French Fries crispy coat	3 oz	21
Potato, Wedges ranch coating	3 oz	17
Potatos, Mashed	1/2 cup	15
Salad Greens	1 cup	2
Sugar Snap Peas	1/2 cup	10
Spinach, Fresh	1 cup	2
Tomatoes, Cherry (serving = 4)	1 each	0.75
Veggies, Mixed Steamed	1/2 cup	9

Condiments and Extras	Serving Size	Carbs
BBQ Sauce	2 Tbsp	14
Cream Cheese Cups	1 each	1
Cream Cheese Cups Strawberry	1 each	4
Gravy, Brown	2 oz	5
Honey Mustard	2 Tbsp	18
Hot Sauce, Louisiana	1 oz.	1
Italian Dressing	2 Tbsp	6
Ketchup	2 Tbsp	10
Ranch Dressing	2 Tbsp	2
Marinara Sauce	1/4 cup	7
Pickles	1 oz	1
Salsa	2 Tbsp	2
Sour Cream	2 Tbsp	3
Syrup	2 oz	52