

2018- 2019 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 10/3/18

Available Daily	Serving Size	Carbs
Milk, Fat Free Chocolate	1 each	23
Milk, Fat Free White	1 each	11
Milk, 1% White	1 each	11
Milk, 1% Chocolate	1 each	24

Weekly Offerings: SALADS (choice of breadstick or roll daily) *chips w/taco salad only	Serving Size	Carbs
BLTT Salad	1 Salad	14
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, Twisted Garlic (offered with salads)	1 each	22
Breadstick (offered with Pizza)	1 each	14
Tea Roll	1 each	14
Tortilla Chips (serving = 22 chips)	1 chip	1.9
Dinner Roll	1 each	19

2018-2019 Daily Specials	Serving Size	Carbs
Apple Cinn. Texas Toast	1 Slice	45
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
Cheeseburger, on a Whole Grain Bun	1 Burger	0
Cheese Stick (string cheese)	1 each	1
Chicken Alfredo:	1 pcs chicken	1
	1.83 oz sauce	5
	1 cup pasta	41
	Meal	47
Chicken Ranch Wrap	1 wrap	46.5
Chicken Drumstick	1 drumstick	5
Chicken Patty on a Whole Grain Bun	1 Patty	16

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	31
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

Popcorn Chicken (serving = 10pcs.)	1 pcs.	2
Chicken Sticks (serving = 8 sticks)	1 stick	2
Chicken Tenders (serving = 3 tenders)	1 tender	5.33
Chicken Tenders Homestyle (2 tenders)	1 tender	4
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
Crunchy Mozzarella w/marinara	6 each	16
	1/4 cup	7.5
	Meal	23.5
Crispy Chicken Ranch Wrap	1 wrap	31
Eagles Nest: Meatballs	4 each	5
	1 oz gravy	2.5
	1/2 c potato	15
	Meal	22.5
Egg Roll, Chicken	1 each	20
French Toast Sticks, w/cinnamon Glaze (serving = 3 sticks)	1 stick	9.4
French Bread Pizza	1 each	33
Garlic Toast	1 toast	11
General Tso Chicken (see Rice)	3 oz	8
Grill Cheese (stuffed)	1 each	34
Grilled Chicken Wrap	1 each	
Hamburger Patty	1 Patty	2
Hamburger Bun	1 Bun	29
Hamburger Bun, GF +health alert required	1 Bun	44
Ham & Cheese Calzone	1 calzone	33
Ham or Sausage Egg Cheese Muffin:	1 sausage	1
	4 slices ham	1
	1 slice cheese	1
	Egg patty	1
	Muffin	27
	Meal	30
Ham & Swiss Croisant	1 each	31.5
Ham & Swiss Sub	1 sub	33
Ham & Swiss Wrap	1 wrap	21
Hot Dog , Bun	1 bun	21
Hot Dog , Bun GF +health alert required	1 bun	20
Hot Dog	1 each	1
Italian Wrap	1 wrap	22.5
Italian Sub, Baked	1 sub	33.5
Macaroni & Cheese	6 oz.	29
Marinara Sauce	1/4 cup	7.5
Mashed Potato Bowl	1 each	42
Mini Stuffed Bagels, strawberry	1 bagel	41
Mini Blueberry Pancakes -Aunt Jemima	1 pkg.	42
Mini Blueberry Pancakes - Eggo	1 pkg.	35
Mini Cinnis	1 each	40

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

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	31
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
Celery Sticks (4 sticks)	1/2 cup	2
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 Patties (serving = 2 each)	1 patty	15.5
Potatoes, Curly Fries	2.25 oz	15
Potatoes, Smiles (serving = 4 pcs.)	1 smile	5
Potatoes, Hashbrown Stars (serving = 7)	1 star	2.125
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
Potatoes, Mashed	1/2 cup	15
Gravy	1 oz	9
Salad Greens	1 cup	2
Sugar Snap Peas	1/2 cup	10
Spinach, Fresh	1 cup	2

Mini Corn Dogs (serving = 6 pcs.)	1 pcs.	5	
Mini Pancakes -Pillsbury (verify)	1 pkg.	38	
Mini Twin Burgers (serving = 2 minis)	1 mini	16.5	
Nachos Supreme	22 chip	41	
	3.17 oz meat	5	
	2 oz Cheese	5	
	Total Meal	51	
Orange Chicken (see rice)	3.9 oz	25	
Pasta & Meat Sauce	4 oz Pasta	47	
	5.6 oz meat	9	
Pasta and Meatballs	4 oz Pasta	47	
	4 meatballs	5	
	4 oz sauce	12	
	Total Meal	64	
Pepperoni Stuffed Sandwich	1 each	32	
Pizza, Hungry Howie's	1 slice	34	
Pizza Variety, Cheese 16"	1 each	35	
Pizza Variety, Pepperoni 16"	1 each	39	
Pizza Variety, 7" ala carte	1 each	61	
Pepperoni Pizza Bites	8 pcs.	31	
Personal Pepp. Deep Dish Pizza	1 each	38	
Deep Dish Pepp Pizza Breadstick	1 each	27	
Pizza Stuffer, Gluten Free	1 each	41	
Pretzel, Whole Grain	1 each	30	
Quesadilla, BBQ Chicken (serving = 3 each)	1 triangle	12	
Quesadilla, Cheese Pizza	1 each	40	
Quesadilla, Chicken	1 each	38	
Quesadilla, Cheese Mini (serving = 3)	1 mini	10	
Ravioli, Cheese (serving = 14 pcs.) Ravioli	14 pcs.	30	
	sauce	1/4 cup	7
	Garlic Toast	1 toast	11
	Total Meal	48	
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 Club Ciabatta	1 each	47	
Turkey , Salami Cheese Sub	1 sub	33	
Twisted Grilled Cheese (serving = 2)	1 each	19	
Veggie Rice	3/4 cup	27	

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	6
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	7.5
Pickles	1 oz	1
Salsa	2 Tbsp	2
Sour Cream	2 Tbsp	3
Syrup	2 oz	52

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